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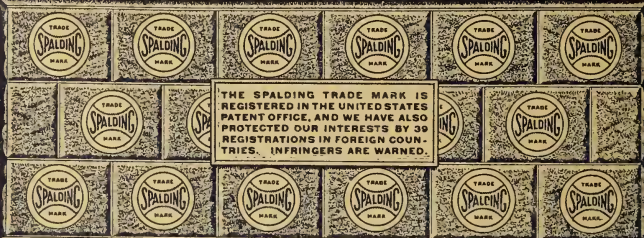


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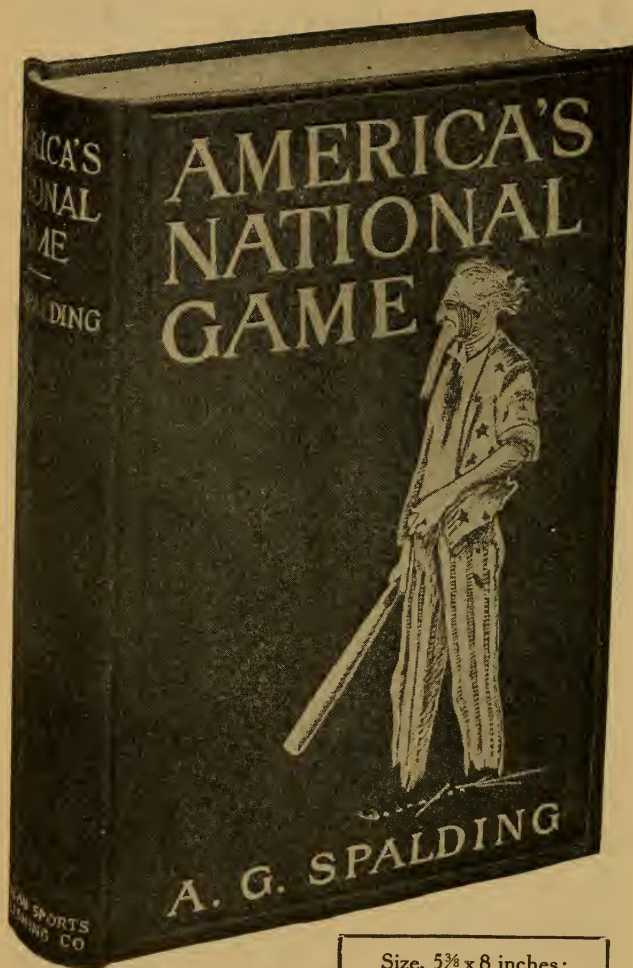
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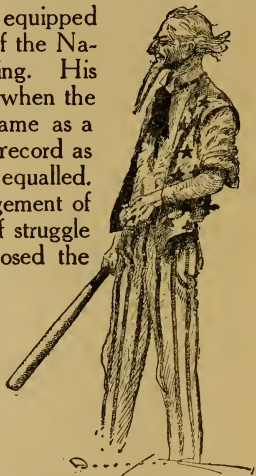
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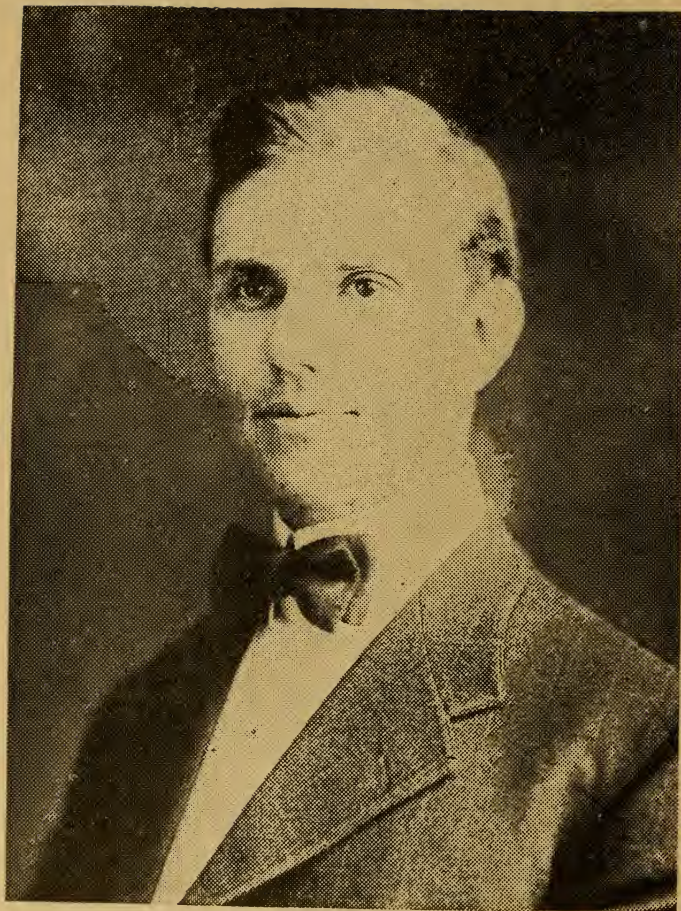
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Mayor.

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OFFICIAL HANDBOOK

Jersey City Public School Athletic Association

1912

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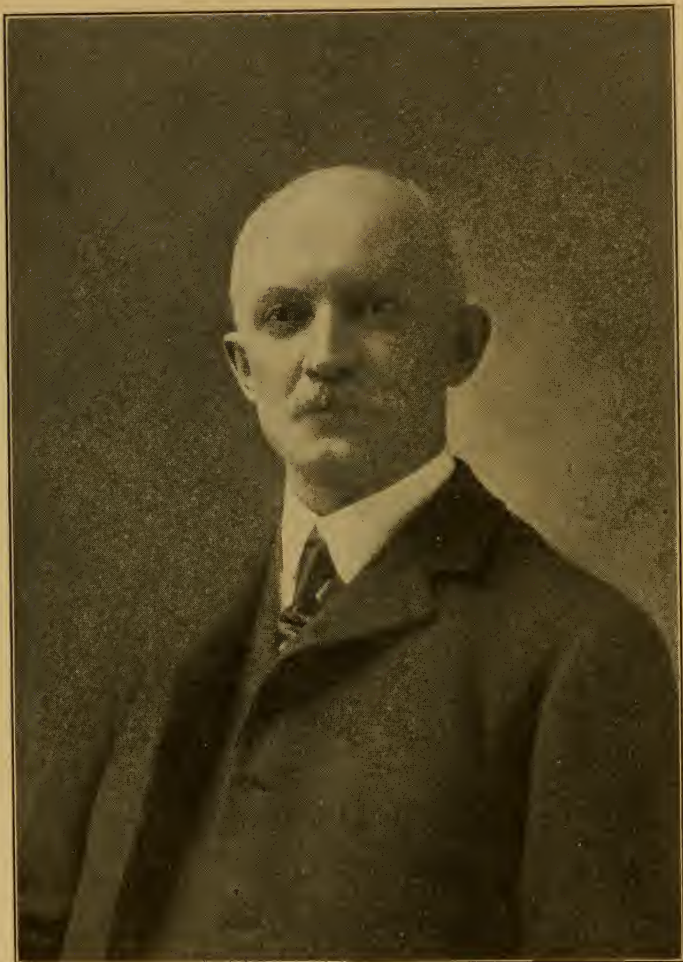
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To the Boys and Girls of Jersey City

All your older friends deplore the fact that with the growth of the city, with the congestion of population, the open fields are rapidly disappearing, and that with them you are fast losing the opportunities for free, unrestricted play, in which your hearts delight. I wish it were possible for me to counteract this loss to you by providing at once for you plenty of ample playgrounds, in which you all might freely indulge in your games without molestation. I am delighted to know that your principals and teachers, who have always shown their devotion to you in so many ways, have exhibited their interest in your physical welfare by the formation of the Public School Athletic Association.

Enter heartily into the sports and games which they will provide, but do so with a spirit of loyalty to your schools and of friendliness to your fellows. When you win, do not exult boastfully because of your victory over your opponents. Rejoice rather that you have overcome your own tendency to sloth and inactivity, that you have increased your own physical strength and skill, that you have conquered yourself.

I hope that the entertaining activities in store for you will bring you much delight, will make you stronger, mentally and morally as well as physically, and prompt you to be eager always to be sturdy, loyal citizens of Jersey City.

H. OTTO WITTPENN,
Mayor.



N. L. CHANCE,
President Jersey City P. S. A. A.

Howd, Photo.

To the Pupils of the Public Schools

You all realize how deeply your principals and teachers are interested in your progress in school. Their activity in organizing the Public School Athletic Association and their willingness to do all the hard work necessary to provide you with the opportunities to take part in the games in which you delight are especially pleasing to you and to your friends. I hope you will show your appreciation of their efforts by joining in the games and sports which they will inaugurate, joyfully and enthusiastically. But remember always to do so fairly and honestly. Remember that the traits which you habitually show in your games are bound to stick to you all your lives. Remember that the boy who is unfair or dishonest in his play is going to be dishonest in business when he becomes a man. Remember that the foundation of real manliness and womanliness is laid in childhood. Always play hard that you may grow strong in body. That you may gain mental strength, the courage to win without boasting and to lose with good nature and without jealousy, always be guided by the spirit of "Fair Play."

HENRY SNYDER,
Superintendent of Schools.



K. L. THOMPSON,
Vice-President Jersey City P. S. A. A.

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To the Boys and Girls of Jersey City

DEAR BOYS AND GIRLS :

Heretofore certain games or sports have been indulged in occasionally, and more or less promiscuously, by the pupils of the several schools. At no previous time has there been any organized effort to introduce a system of athletics. Several cities have made rapid progress in providing for the training and development of the natural activities of boys and girls, while we have done very little in this direction. Realizing the desirability of such a movement, and feeling the necessity of establishing a system of physical training, the principals have organized the Jersey City Public School Athletic Association.

This organization intends to encourage and promote all games and sports that will tend to develop strong, vigorous and healthy boys and girls. It will hold Field Days annually. The first will be held during May or June of this year. At this meet will be given two classes of events—Standard and Prize. For the prize events three medals will be given as first, second and third prizes. You will readily see that while many contestants enter these events only a few can win a prize; consequently, the Association aims to make the standard events a prominent feature of the meet.

By standard events we mean the achievement of a certain feat in accordance with a definite limit. This limit is established by the authorities on athletics. For instance, a boy who can run a fifty-yard dash in seven and one-fifth seconds has reached the standard. All pupils that succeed in reaching any standard at the meet will be given a handsome athletic pin, specially designed for the Association.

As I said above, all cannot secure prizes, but each one can by regular and persistent effort train to reach the standards,



J. K. LIGHT,
Secretary Jersey City P. S. A. A.

Hargrave, Photo.

and herein lies the great physical benefit that we hope to derive.

It is the skill and energy which the boy possesses to-day over those of yesterday that count in his development. Regular training stimulates interest, inspires courage, develops strength and perfects skill.

The standard events tend to produce that uniform physical development which is so desirable. The prize events, on the other hand, have a tendency to cause overtraining, or specializing along some particular line. I sincerely urge you all to train for the standard events and secure the greatest benefit. Remember that the exercise gained in a contest is of far more value than the winning of a prize.

Physical training will soon become a recognized part of our school system. The prominence it shall occupy in the future depends largely upon you, my boys and girls. When our officials see that we are in earnest and realize the necessity of equipping our schools with suitable apparatus and of increasing the size of our playgrounds to afford proper space for our activities they will readily give us all we need. With best wishes for your success, I am sincerely yours,

N. L. CHANCE,
President Jersey City P. S. A. A.



J. R. FITZER,
Treasurer Jersey City P. S. A. A.

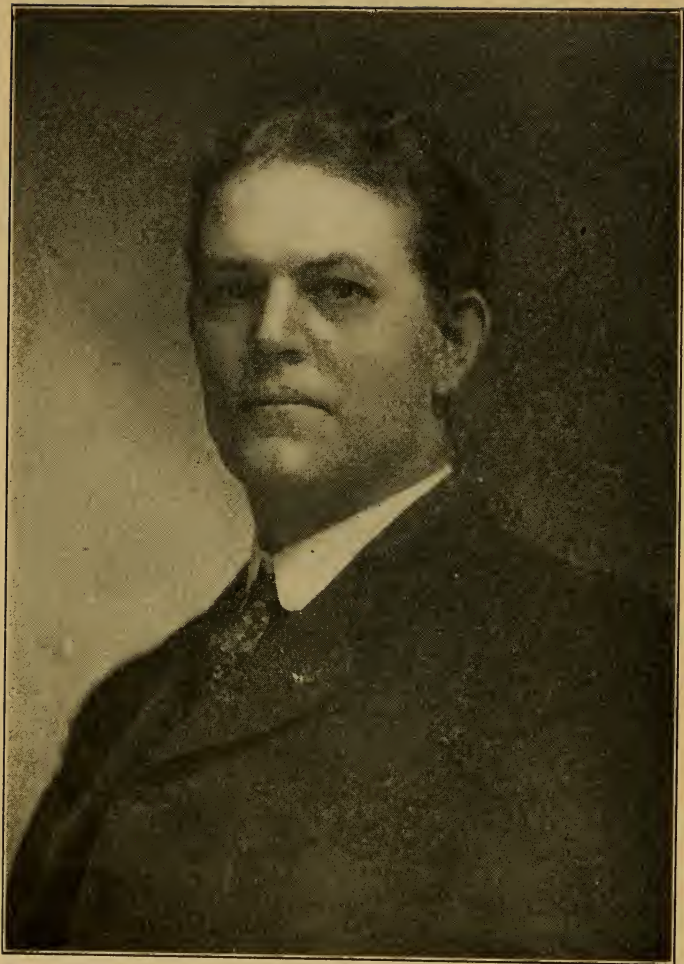
The History and Purpose of the Jersey City Public School Athletic Association

Organized athletic activity has long been considered a necessary part of school life. This need has been felt in Jersey City in the past, and organizations have been formed to meet this need. For one reason or another, these organizations have not survived. Most, if not all, of these have confined their efforts to baseball. In the Spring of 1911, the Male Principal's Association took active steps toward organizing an athletic association, which should control and encourage all forms of athletics. President W. F. Babcock, at that time, appointed Dr. J. K. Light, W. B. Du Rie, and N. L. Chance as a committee to visit Newark, and ascertain the methods used in that city and the measure of success there met with. Their report was presented at a meeting held December 5, 1911. At that meeting, Mr. Elmer K. Sexton, of Newark, was present by invitation, and described very carefully how athletic affairs were managed in that city. On that date, the Public School Athletic Association of Jersey City was formed.

AIM.

The aim of the Jersey City Public School Athletic Association is to develop the rational activities of the boys and girls. Judicious athletic sports are peculiarly needed at this time by city children, first because of the changed conditions of life in the home and the factory. Nowadays the available source of muscular development is very largely arrested by the adoption of machines and mechanical contrivances. A city boy does very little of the manual labor which enabled his father and grandfather to grow up strong and virile. Secondly, the opportunities for play under normal conditions have been lost because there is no longer space left in our cities for athletic sports. Thus the boys themselves are unable to secure opportunities for their own development in these lines because of the large financial outlay necessary to hire athletic fields and because they are unable to attack the administrative problems which are necessary to run successfully associations of an athletic nature.

To run and jump and to test who is the stronger is a racial instinct. By judiciously directing these energies, strong and healthy men and women will be developed. More than that,



J. J. HOPKINS, Rockwood, Photo.
Member Executive Committee, Jersey City P. S. A. A.

the boys and girls will be educated in courteous conduct, to be patient and tolerant in defeat, generous and magnanimous in victory. The influence of these meets, moreover, extends throughout all the schools and has a strong, wholesome effect. School loyalty is worth while.

Physical vigor and power are just as closely related to the development of manhood and womanhood as they ever have been. Realizing this, the principals of Jersey City have undertaken to help boys and girls to enjoy activities which, without some outside assistance, of a financial and administrative nature, would be beyond their reach.

ORGANIZATION.

Very careful thought and attention have been given to the organization of the association and to the formation of rules and regulations which shall accomplish the objects and purposes for which it was formed and to prevent the evil practices which so often work their way into competitive athletics.

The Association has decided not to make scholarship and deportment a qualification for participation in interschool events. These are too intangible and indefinite to give any firm basis for decisions, in case a participant is protested for such cause. Instead, it is our idea that each principal may regulate this matter for himself, and decide upon those who may compete with honor to the school.

The Association also recognizes its opportunity for exerting a wholesome moral influence, by developing an ideal of fairness, gentlemanly conduct, courtesy, and truthfulness in matters pertaining to competition. In fact, one of the great lessons to be learned from competition is manliness and cheerfulness in defeat, as well as humility in victory. Such a spirit characterizes the true athlete.

The Association has striven also to permit no competition which shall injure the physical organism in any way. Certain events, for instance, have been omitted, because they entailed too great a strain upon the heart and nervous system. Further, it has been provided that no boy shall enter more than two events, one a racing event, and the other a field event. Again, this classification makes it impossible for the older and larger boys to compete against the younger and smaller. It is further believed that no one should be permitted to compete, if shown to be unfit by the family or school physician. The physical record cards afford a good basis for such judgment. To provide for all-round development and to give each an opportunity to win distinction, standard



A. F. STAUFFER, Klinedinst, Photo.
Member Executive Committee, Jersey City P. S. A. A.

events have been provided. These standard contests are non-competitive, and represent an attempt to meet a certain standard of proficiency in different events. A button is given to each child who is able to reach these standards.

Prize and standard events for girls have also been provided, that the girls, too, may share in the benefits of regulated athletics.

With such a history and such an aim the Association begin its existence. Its success depends upon the loyalty and co-operation of every principal, teacher, pupil, and last but not least the sympathetic, lasting co-operation, financial and moral, of every parent, and of every person interested in the schools of Jersey City.



ALBERT MONCRIEF, Durstewitz, Photo.
Member Executive Committee, Jersey City P. S. A. A.

Jersey City Public School Athletic Association Constitution

NAME.

This Association shall be known as the "PUBLIC SCHOOL ATHLETIC ASSOCIATION OF JERSEY CITY, NEW JERSEY."

ARTICLE I.

OBJECTS.

The particular object for which the Association is formed is to promote useful athletics and gymnastics among the pupils in the elementary and high schools of Jersey City, New Jersey; in connection therewith, to cooperate with and encourage athletic associations, provide athletic grounds and teachers, organize games, offer prizes, and conduct competitions.

ARTICLE II.

MEMBERSHIP.

SECTION 1. Membership shall consist of all male principals of Jersey City.

SEC. 2. Honorary officers and members may be elected.

ARTICLE III.

MEETINGS.

SECTION 1. The annual meeting of the Association for the election of officers and for such other matters as may properly come before it shall be held on the second Wednesday in December in each year, due notice of which meeting shall be sent by the secretary to each member. Election shall be by ballot.

SEC. 2. At any meeting of the Association, six members shall constitute a quorum.

ARTICLE IV.

OFFICERS.

SECTION 1. The officers of the Association shall consist of a president, vice-president, treasurer, and secretary. Assistants to the secretary may be appointed by the president.

SEC. 2. The officers of the Association shall be annually elected at the meeting of the Association held the second Wednesday in December.

SEC. 3. The president, vice-president, and treasurer shall perform the duties usually performed by such officers.

SEC. 4. The secretary shall attend meetings of the Association and of the executive committee and keep the minutes of the proceedings, recording ayes and nays upon all questions where such a vote shall be demanded by a member. He shall conduct and preserve all correspondence, serve all notices, and perform the usual duties of a secretary. He shall have the custody of all the papers relating to the affairs of the Association.

SEC. 5. The assistants to the secretary shall perform such duties as are delegated to them by the secretary and shall assist him in preserving the records and taking the scores of all official events.

ARTICLE V.

COMMITTEES.

SECTION. 1. There shall be an executive committee composed of the president, vice-president, treasurer, secretary, and three associate members, appointed annually by the president, which shall have all powers of the Association when not in session. This committee must meet to transact such business as is necessary on the second Wednesday in January of each year and shall also meet at the call of the president or the vice-president. Four of this committee shall constitute a quorum.

SEC. 2. The executive committee shall have control and management of the affairs and funds of the Association.

SEC. 3. The executive committee shall constitute a games committee which shall have charge of all games and athletic events authorized by the Association. This committee shall act upon all protests and complaints which arise in the conduct of any official athletic event. Their decision upon all matters referred to it shall be final. This committee may associate with it for the purpose of conducting athletic meets or gymnastic contests persons who are not members of this association.

SEC. 4. An auditing committee, consisting of three members, appointed by the president, shall annually audit the books of the treasurer.

SEC. 5. There shall be such other committees as may be authorized by the association or deemed expedient by the president or the executive committee. The members thereof shall be

appointed by the president unless otherwise prescribed by the Association.

ARTICLE VI.

DISTRICT LEAGUES.

SECTION 1. Girls' and other auxiliary, associate or district leagues, may be established under regulations to be made by the executive committee.

SEC. 2. The Public School Athletic Association of Jersey City, New Jersey, shall assume control of all district baseball leagues, basketball leagues, football leagues, or such other sports as may be established in the public schools of Jersey City.

ARTICLE VII.

AMENDMENTS.

This Constitution may be changed or amended by the unanimous vote or the written consent of the Association without previous notice at any meeting of the Association; also by a two-thirds vote of the Association at any meeting provided notice specifying the intended change shall have been given at a previous stated meeting or such notice shall have been served on each member at least five days before the meeting.

ARTICLE VIII.

ATHLETIC RULES.

Athletic rules shall be made from time to time by the executive committee and are subject to change when deemed expedient for the best interests of the association.

ARTICLE IX.

SEC. 1. All notices to members, and also all notices to all officers and directors shall be sufficiently served, if mailed to them at the address given by them to the Secretary and Treasurer respectively.



Top Row—Arata, Langdon, Chankalian, Hickingbotham, Wick, Engesser. Middle Row—Hutler, Beilin, J. R. Fitzer, Principal; Kroumeyer, Elmdorff. Front Row—Nier, Addis.
BASE BALL TEAM, PUBLIC SCHOOL 28,
 Champions, 1911.

Athletic Rules of the Jersey City Public School Athletic Association

RULE 1. The Public School Athletic Association of Jersey City, New Jersey, recognizes as athletic members all public school boys and girls, members of Jersey City elementary schools and high schools.

RULE 2. Attendance of at least three months in the school system directly previous to any contest shall be required of all pupils before they shall be entitled to represent their school in athletics. The age limit for competition in events of the elementary schools shall be from the ninth to the seventeenth birthday. *No boy will be allowed to enter in more than two events, one field event and one track event—except in the relay. Only three boys are allowed from each school, to enter a prize event. Only pupils who are in the standing of amateurs shall be eligible to represent the school. No entry shall be accepted unless countersigned by the principal of the school.*

RULE 3. The classification of competing athletes shall be recognized in the name of juniors, intermediate and seniors.

CLASSIFICATION FOR ALL EVENTS.

Adopted March 1, 1912.

JUNIOR	Boys must be over nine and under thirteen, and less than four feet, ten inches in height.
INTERMEDIATE	Boys under fifteen, and not over five feet, three and a half inches in height.
SENIOR	Over fifteen, any height.
NOTE	If a boy is over either age or height, he goes into the class above; for instance, a boy twelve years of age, four feet, ten and a half inches high, would be in the INTERMEDIATE class, or, a boy fourteen years of age, five feet, four inches high, would go into the SENIOR class.
NOTE	Measurements to be made in STOCKING FEET.

RULE 4. There shall be certain standard events for each classification, qualifications in which will entitle competitors to special buttons.

One button will be given for each event if the standard is made by the contestant. A special button will be given to contestants winning two different standard events at the same meet. A special button equal in value to three buttons will be given to any pupil winning three buttons in different events under these rules. This will necessarily take two years. The standards are as follows:

BOYS' STANDARD EVENTS.

JUNIOR	Standing broad jump—6 feet. Chinning the bar—9 times. 50 yard dash—7 1-5 seconds.
INTERMEDIATE	Running broad jump—11 feet 9 inches. Running high jump—3 feet 6 inches. Chinning the bar—9 times. 75-yard dash—10 2-5 seconds (Time subject to change).
SENIOR	Running broad jump—12 ft. 9 in. Running high jump—3 feet 9 inches. Chinning the bar—9 times. 100-yard dash—13 1-5 seconds.

RULE 5. The following shall be a special list of championship events for the elementary schools:

BOYS' PRIZE EVENTS.

JUNIOR	50-yard dash. Running high jump. Running broad jump. 440-yard relay race (4 boys to a team).
INTERMEDIATE	75-yard dash. Running high jump. Running broad jump. Standing hop, step and jump. Putting the 8-pound shot. 600-yard relay race (4 boys to a team.)

SENIOR

100-yard dash.
Running high jump.
Running broad jump.
Running hop, step and jump.
Putting the 12-pound shot.

RULE 6. All entries must be in the secretary's hands at such time as designated by the executive committee. Each principal will be provided with an entry blank on which to make formal entries for the several events. The games committee may reject any entry it may deem objectionable.

RULE 7. Prizes will be as follows, viz., 1st, 2nd, 3d prize. A button will be given for fourth place.

RULE 8. Special trophies will be given as follows:

1. To the school scoring the most points.
2. To the school scoring the most points in standard events.
3. To the school winning the intermediate 600-yard relay race.
4. To the school winning the junior relay race.
5. To the school having the greatest number of points in field prize events.
6. To the school having the greatest number of points in track prize events.
7. To the school having the greatest number of points in both field and track prize events.

RULE 9. In all relay races no more than five teams shall be run in a heat. In all running events no more than six shall be entered in any heat. The captain of each school team shall go with the clerk of the course and see that his men are placed in their proper position on the track.

RULE 10. The uniform entrance fee for all contestants shall be ten cents. This includes admission to the field. Admission for all other pupils shall be ten cents, adults twenty-five cents.

RULE 11. All athletic meets shall be run according to the rules of the Public School Athletic Association.

RULE 12. Points. First prize shall count five points, second prize three points, third prize two points, fourth place one point. Those teams winning in the relay races are credited with double the number of points mentioned above.

RULE 13. There shall be an official physician and nurse in attendance.

RULE 14. Relay teams will be allowed to enter two substitutes in each event.

RULE 15. Outdoor track and field baseball, football and basket-

ball championship meetings shall be held annually at such times and places as may be decided upon by the executive committee.

RULE 16. The awarding of trophies shall be on the basis of a ratio of total number of points to the total registration of the school for the month of April as found in the Superintendent's report. All pupils under one principal shall be considered as constituting one school within the meaning of this rule. In case of schools having a grammar department only, their rating shall be computed by comparing the registration in all grades represented in such schools with similar grades in all other grammar schools. In no case will any grammar grades be omitted from such comparison.

RULE 17. The kindergarten and first years will be omitted from the enrollment of the schools in arriving at the percentage and in reckoning for points and trophies.

Rules for Conducting An Athletic Meet

RULE I.

OFFICIALS.

Every athletic meet of the Public Schools Athletic Association shall be under the control of the following officials:

- The executive committee.
- A field marshal.
- An assistant field marshal.
- A referee.
- An assistant referee.
- Three or more judges at finish.
- Four or more field judges.
- Three or more inspectors.
- Three or more time keepers.
- One starter.
- One assistant starter.
- One clerk of the course with assistants.
- One announcer.
- One assistant announcer.
- One chief scorer.
- One assistant scorer.
- One official reporter.

RULE II.

EXECUTIVE COMMITTEE.

The executive committee will have general supervision but shall not interfere with the officials in the performance of their duties. The referees shall settle all protests within their usual power, but those concerning a boy's amateur standing must be referred to the executive committee.

RULE III.

REFEREE.

The referees shall decide all questions relating to the actual conduct of the meet, whose final settlement is not otherwise



1, Bergman; 2, McMenamy; 3, Glock; 4, Imhoff; 5, Pels; 6, J. Muller; 7, Christiansen; 8, A. Muller; 9, A. Moncrief, Principal; 10, Harner; 11, Noltas.
 BASE BALL TEAM, PUBLIC SCHOOL 28.
 Durstewitz, Photo.

covered by these rules. He shall disqualify for fouls. He shall disqualify for ungentlemanly conduct. He may decide the manner in which ties are to be settled. And the referee alone shall signal the starter that everything is in readiness for the race or event. The referee may delegate his authority when it will facilitate the meet.

RULE IV.

INSPECTORS.

The inspectors shall watch closely the conduct of all competitors during the meet and in case of a foul, they shall make a report at once to the referee. They have no power to make decisions.

RULE V.

JUDGES.

The judges shall stand at the finish line and pick the contestants in the order in which they cross the finish line. Their decision is final and without appeal. In case of disagreement the majority shall govern. A competitor crossing the finish line without a number shall not be selected by the judges unless with the consent of the referee. The judges shall measure all distances of field and track events.

RULE VI.

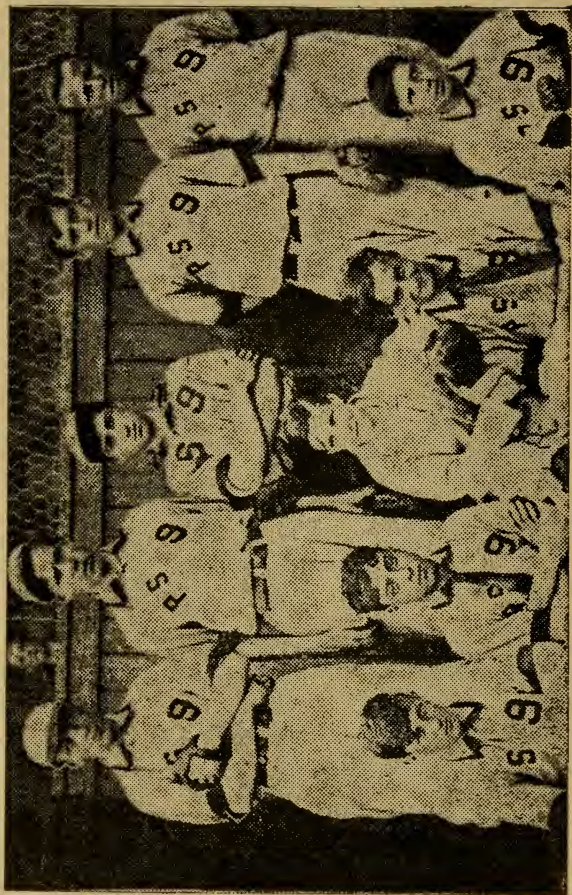
THE TIME KEEPERS.

They shall time all events which are recorded by time and shall report to the referee. Should two of the three watches mark the same time and the third disagree, the time marked by the two watches shall be accepted. Should all three disagree, the time marked by the intermediate watch shall be accepted. The flash of the pistol shall denote the actual start of the heat or race.

RULE VII.

THE STARTER.

The starter shall be in charge of the competitors after they have been assigned to their marks by the clerk of the course.



BASE BALL TEAM PUBLIC SCHOOL No. 9.
Champions, 1909.

He shall start the heat or race by the report of a pistol. The following formula shall be used by the starter:

1. "On your marks."
2. "Get set."
3. The report of the pistol.

Until the pistol has been properly discharged, it shall not be considered an actual start, and in case the pistol goes off accidentally, the starter shall recall the competitors by discharging his pistol twice. A false start is one where any part of the person of a competitor touches the ground in front of his mark before the starter properly discharges his pistol. The following penalties are imposed by the starter for false starts: In all races up to and including 125 yards the competitor shall be put back one yard for the first and one more for the second attempt; in races over 125 yards and including three hundred yards, two yards for the first and two more for the second attempt; in races over 300 yards and including 600 yards three yards for the first and three more for the second attempt; in races over 600 yards and including 1,000 yards four yards for the first and four more for the second attempt. In races over 1,000 yards and including one mile five yards for the first and five more for the second attempt. In all cases, a third attempt disqualifies.

RULE VIII.

THE CLERK OF THE COURSE.

The names and numbers of all competitors in each event shall be given to the clerk of the course who shall call them by name and check them off on the programme before the meet is begun. He shall afterwards assign them to their marks. The clerk of the course shall not allow any competitor to start without his number except with the consent of the referee. The assistant clerks of the course shall perform whatever duties are assigned them by the clerk of the course.

RULE IX.

THE SCORERS.

The scorers shall keep track of the order in which each competitor finishes and also the time for the event. He scores all points and announces the various winners and the schools who have taken the most points. The Assistant Scorers are

subject to the Chief Scorer and shall perform whatever duties are assigned by him.

RULE X.

THE MARSHALS.

The marshal shall prevent any but officials and actual competitors from entering upon the track or inner circle or remaining therein.

Any competitor entering into the inner circle and not there for the purpose of competition must leave at once upon the request of the marshal. If, after the second request, the competitor shall refuse to leave the track, the marshal or his assistants must report the matter to the referee who may disqualify the offender. The marshal shall have general oversight of the boys and shall be the general director of the track and field.

RULE XI.

THE OFFICIAL ANNOUNCER.

The scorers shall make known to the official announcer the results of each event, and he shall announce them to the spectators.

RULE XII.

OFFICIAL REPORTER.

The official reporter shall receive from the scorers the order of finishing and the time and distance made by the competitors in the field and track events. This information he shall immediately make known to the representatives of the press.

RULE XIII.

THE INNER CIRCLE.

Only officials and actual competitors shall be allowed within the inner circle. Competitors must leave the inner circle immediately after finishing their event or when requested to do so by the proper authorities.

No attendant, friend, or trainer shall be allowed to accompany the competitors on the track or in field.

RULE XIV.

THE COMPETITORS.

The competitors shall report to the Clerk of the Course at the starting point of each competition, after they have been called to the inner circle.

Each contestant must provide himself with a number corresponding to the number opposite his name on the programme. This number he must wear conspicuously while he is competing, and without it he shall not be allowed to start except with the consent of the referee.

If in a dash race the competitor does not confine himself to his own lane, but instead crosses into the lane of his opponent, the referee shall disqualify him. In all races the competitors shall run on that part of the track they were assigned without crossing over in front of their opponents unless they are at least two paces in advance of the nearest competitor. Any jostling, crossing in front of, or otherwise impeding the opponent will disqualify the offender from that event.

The referee shall further disqualify from the meeting any competitor, who in his opinion, is trying to lose, to coach, or otherwise to impede in any way the chances of another competitor. The referee shall notify the Executive Committee of such offence, who will take further action.

Any competitor acting in an ungentlemanly manner, whether towards competitors, spectators, or officials, may be disqualified by the referee from all other participation in competition, and if the referee thinks the offence merits further punishment, he shall make full report on the case to the Public School Athletic Association for further action.

RULE XV.

PROTESTS.

Protests against any competitor entering any games may be made verbally or in writing to the Executive Committee before the meet or to the referee during the meet.

If the protest is a claim of foul committed during the meet, the referee shall decide the matter at once.

If possible the Executive Committee shall decide all protests before the events are run off. If it is a case requiring the taking of evidence, the Executive Committee shall decide the matter within one week after the date of the games.

When a contestant is allowed to compete under protest, the prize that he may win shall be withheld until the case is settled.

RULE XVI.

THE TRACK.

The distance to be run shall be measured on a line eighteen inches outward from the inner edge of the track.

In straightaway races, distance shall be measured in a direct line from the starting mark to the finish line.

RULE XVII.

THE COURSE.

In straightaway races lanes shall be laid out for each competitor by means of stakes driven into the ground to which cord is attached. Each contestant shall run in his own lane.

In all championship races, position shall be drawn for, and the drawing shall be in the names of schools. The Clerk of the Course shall not allot positions. The school having the first choice shall have first position next to pole; the school having second choice, second position, etc. If possible there shall not be two contestants from one school in the same heat.

RULE XVIII.

THE FINISH.

The finish of a course shall be represented by a line between two finishing posts drawn across and at right angles to the sides of the track. Four feet above the ground shall be placed a tape attached to both finishing posts.

The finish of any race shall be counted when any part of a competitor's body except his hands and arms shall reach the finish line.

No competitor shall be considered to have finished unless his entire body shall have crossed the finish line.

RULE XIX.

RELAY RACING.

A line shall be drawn twenty feet in front of each starting line. Between these two lines each runner must touch the

succeeding runner. Failure to do this shall disqualify the team in that event. There shall be judges of relay racing whose duties it shall be to see that all touches are properly made.

RULE XX.

THE SHOT.

The shot shall be put with one hand, and in making the attempt it shall be above and not behind the shoulder. All puts shall be made from a circle seven feet in diameter. The circle shall be a painted or whitewashed circle and on one side a stop-board four feet long and four inches high shall be firmly fastened to the ground. In making his put a competitor shall rest his foot against, but not on top of the stop-board.

That put shall be considered a fair put when no part of the body of the competitor touches the top of the stop-board, the circle or the ground outside the circle, provided the competitor shall leave the circle by its rear half, which shall be the half directly opposite the stop-board. A put shall be considered foul if any part of the body of the competitor shall touch the ground outside the front half of the circle before the put is measured.

The field judges shall measure each put from the nearest mark made by the fall of the shot to the circumference of the circle on a line from the mark made by the shot to the center of the circle.

Foul puts and letting-go the shot in making an attempt shall be counted as trials without results.

Each competitor shall have three trial puts, and the first, second, and third in the trials shall have three more trials each in the final.

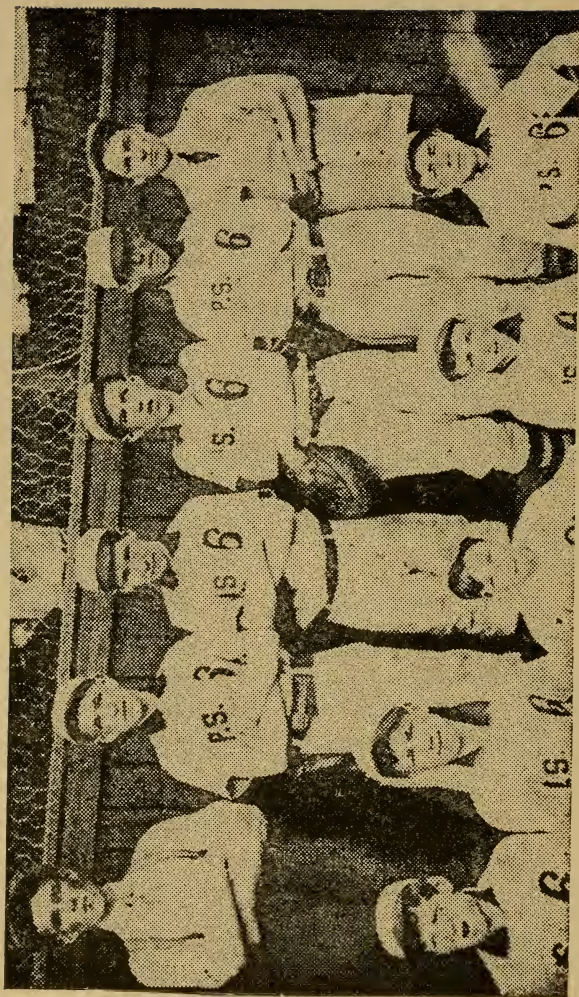
The best put made by a competitor whether made in the trials or finals shall count as his best put, and the result will be decided accordingly.

RULE XXI.

RUNNING HIGH JUMP.

A fair jump shall be one that is made without the assistance of weights, diving, somersaults, or hand springs of any kind.

The bar shall be a thin stick two inches in width and shall rest on pins which shall project not more than three inches from the uprights. When the bar is knocked off it shall constitute a trial jump without result.



BASE BALL TEAM PUBLIC SCHOOL, No. 6.
Runners-up in Championship, 1909.

The height at which the jump shall commence and the height to which it shall be raised at each succeeding jump shall be decided by the field judges.

The height shall be measured from the middle of the bar to the ground in a perpendicular line.

Each competitor shall be allowed three trial jumps at each height, and if on the third trial he shall fail, he shall be declared out of the competition.

At each successive height each competitor shall take one trial in his proper turn; then those failing, if any, shall have their second trial in a like order, after which those who have failed at the second trial may take their third and final trial at that height.

A competitor may decline to jump at any height in his turn and by so doing, forfeits his right to jump again at the height declined.

If, however, a competitor takes a trial at any height and fails in his first trial he shall not pass the other two trials.

Running under the bar in making an attempt to jump shall be counted as a balk, and three successive balks shall constitute a trial jump.

There shall be no limit to the run a competitor may take before attempting a jump.

RULE XXII.

RUNNING BROAD JUMP.

A joist two inches wide on the top shall be sunk at least five inches into the ground so that the top is flush with the running path. The outer edge of the joist shall be called the scratch line, and the measurement of all jumps shall be made from it at right angles to the nearest break made in the soft ground, or in the turf or earth outside the soft ground, by any part of the body of a competitor.

In front of the scratch line, the ground shall be removed to a depth of three and a width of twelve inches outward.

A foul jump shall be one where the competitor in jumping off the scratch line makes a mark on the ground immediately in front of it or runs over the line without jumping, and shall count as a trial jump without result.

Each competitor shall have three trial jumps, and the competitors finishing one, two, three in the trial jumps shall each have three more trial jumps.

The competition shall be decided by the best of all the trial jumps of the competitors.

A fair jump shall be one that is made without the assistance of weights, diving, somersaults, or hand springs of any kind.

RULE XXIII.

STANDING BROAD JUMP.

The feet of the competitor may be placed in any position, but shall leave the ground once only in making an attempt to jump. When the feet are lifted from the ground twice or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock back and forward lifting heels and toes alternately from the ground but may not lift either foot clear of the ground nor slide either foot along the ground in any direction.

In all other respects the rules governing the running broad jump govern the standing broad jump as well.

RULE XXIV.

POLE VAULT.

The height at which the vaulting shall commence and the height to which the bar shall be raised at each succeeding vault shall be determined by the field judges.

The height of the bar shall be measured as in the running high jump. Each competitor shall have the same number of trials as in the running high jump. The method of making trials shall govern as in the running high jump. Displacing the bar counts as a trial.

Leaving the ground in an attempt shall constitute a try.

A line shall be drawn fifteen feet in front of the bar and parallel with it; crossing this line in an attempt shall be a balk.

Two balks shall constitute a try. A competitor may decline to vault at any height, but if he fails at the next height he shall not be allowed to go back and try the height he omitted.

If, however, a contestant takes one trial at any height, he shall not pass the other two trials.

Any competitor shall be allowed to dig a hole not more than one foot in diameter at the take-off in which to plant his pole.

This pole shall have no assisting devices except that they may be wound or wrapt with any substance for the purpose of afford-

ing a firmer grasp and may have one spike at the lower end. The pole shall be unlimited as to size and weight.

No competitor shall, during his vault, raise the hand which was uppermost when he left the ground to a higher point on the pole, nor shall he raise the hand which was undermost when he left the ground to any point on the pole above the other hand.

RULE XXV.

THE HURDLES.

In the 120-yard hurdle race ten hurdles shall be used; height of hurdles to be decided upon by the Executive Committee (present height is two and one-half feet). They shall be placed ten yards apart with the first hurdle fifteen yards distant from the starting point and the last hurdle fifteen yards before the finish line.

In making a record it shall be necessary for the competitor to jump over every hurdle in its proper position, nor shall the performance be considered a record unless every hurdle is left standing.

RULE XXVI.

CHINNING THE BAR.

Boys chinning in competition may take any grip they choose (over grip or under grip or over and under grip), but the chinning must be done without swinging and the arms must be extended to full length each time before the chin is raised above the bar. Good form will be insisted upon by the judges. A boy cannot start chinning from a jump; he must hang an instant before commencing.

RULE XXVII.

RUNNING.

All runs are started by a pistol shot fired by the starter. The commands given by him preparatory to starting a race are:

1. "On your marks."
2. "Get set."
3. After a short interval the starter fires a pistol.

After the first command the contestants hurry to the starting line and take their places as assigned to them.

At the second command, all make ready for the start, each one assuming the position best suited to his style. Usually the "crouching start" is the better way.

The pistol shot comes next and is the signal to run.. Should anyone start before the pistol is fired he is penalized.

RULE XXVIII.

STANDING, HOP, STEP AND JUMP.

The competitor shall stand with one foot toeing the mark, the other leg raised clear of the ground, and from this position makes his first hop, landing on the same foot from which the start is made. He shall then make the step to the other foot without pause, and then from this leg, jump landing on both feet. In all other respects the rules governing the Running Broad Jump will govern the Standing, Hop, Step and Jump.

RULE XXIX.

RUNNING, HOP, STEP AND JUMP.

The rule governing the Running, Hop, Step and Jump is the same as in the Standing, Hop, Step and Jump, except that it shall be made from a running start.

RULE XXX.

TIES.

In case of a tie, the officials shall raise or lower the bar at their discretion, and those competitors who have tied, shall be allowed one trial at each height.

RULE XXXI.

COSTUME.

Only the boys with pants reaching approximately to the knees, and shirts that adequately cover the body shall be allowed to compete.

The Ethics of Competition

OBEDIENCE TO RULES.

It is impossible to conceive of games without rules; for all they are necessary. They have been carefully thought out by experts, with the intention of making the games interesting, fair to all taking part, and, where great activity is required, as in basketball, football, soccer and baseball, to prevent injury to the players.

Without question, before beginning to play, these should be read, and should be thoroughly understood. Then after a full understanding, the next thing is strict obedience to them. Unfortunately, this is not always the case; at times, in order to gain some advantage over an opponent, or opposing team, there is a temptation to infringe upon the rules, but when one stops to consider the ethics of this, he must confess that such action is absolutely wrong. It is taking an unfair advantage, and may, also, lead to further infringement, which will spoil the game.

ABIDE BY THE DECISIONS OF THE JUDGES.

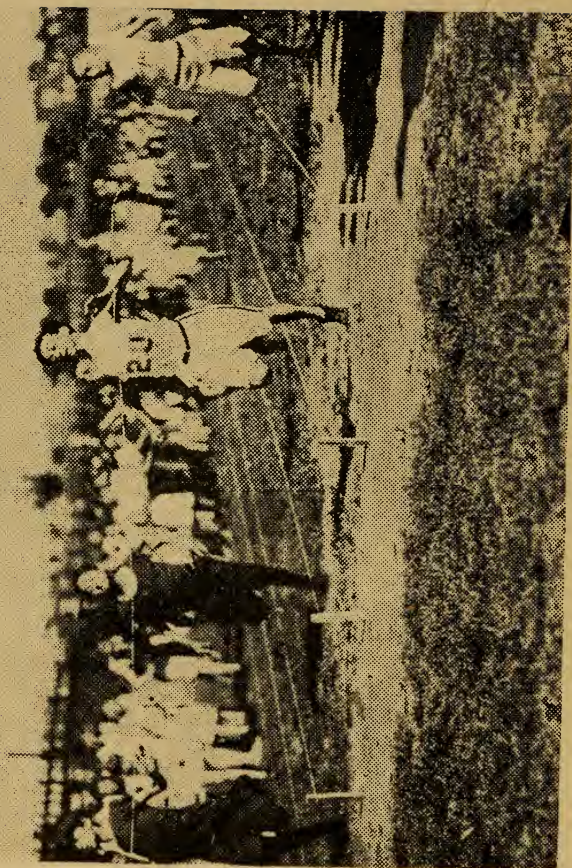
To see that rules are strictly carried out, a judge, an umpire, or a referee is appointed, and he is expected to be perfectly unbiased in his decisions. But however careful he may be, now and then, he may make a mistake. At such times, the players should realize the difficulty of his position, and should abide by his decision.

Should, however, a decision be manifestly unfair, the captain of the team is the proper one to protest to the umpire; he is the one to do the talking, and while he is doing it, the other players should keep their places, for there is nothing more undignified than a crowd of baseball players, for instance, rushing towards the umpire, and clamoring their protests. As a matter of fact, they can accomplish nothing because of their noise. Such disputes must be settled by cool heads with quiet argument, and the captain is the one to do it.

If he is unable to make a satisfactory settlement, do not further delay the game, nor refuse to play, but continue under protest, and later such protest can be laid before the proper authorities for their decision.

GENTLEMANLY CONDUCT.

Sometimes, when games are being played, remarks are made about the personal appearance of an opponent, or his race is



100 YARDS DASH.

held up to ridicule. Clearly this is not clean sport, and should not be indulged in for a minute. By all means avoid such personalities; ever keep in mind that rarely is a person responsible for his facial appearance, and that all races have good qualities, and have produced great works. A broad minded person looks for good points in others, rather than for some peculiarity.

Sometimes, when there has been a close or a wrong decision, individual players, or even whole teams, or the backers, or all, conduct themselves in a most unbecoming manner. They gully the umpire, hoot and yell, and sometimes indulge in bad language. The same thing sometimes happens when the game is going against a team, and then the opponents are treated in a similar way. It also sometimes happens that players quarrel among themselves, and indulge in unbecoming remarks. Sometimes, after a game, a team and its backers quarrel with their opponents.

All such conduct is not proper, and should be strictly avoided. Be courteous to your superiors, your umpires, and to one another.

It frequently happens that emphasis is put upon the poor plays of the opponents, rather than upon the good plays of one's own team. Such is also the attitude of the backers. It would seem better to applaud the good plays, rather than to jeer at the bad; be generous enough to appreciate and applaud the good plays of your opponents.

A courteous player never attempts to do injury to another. Games won by such foul means were better lost.

POSSESS GOOD NERVE.

Frequently, a team competes with one that is far its superior. This is the time when good nerve is required. Don't be discouraged, don't make petty complaints, don't give up the game, but play for all you are worth. and you will not only feel happier yourselves, but you will have the respect of others.

TEAM WORK.

When two or more players are on a side, they constitute a team. Clearly when teams play, the individual players must subordinate themselves for the general good of the team. Each must keep in mind that a great responsibility rests upon him in his position, and that as far as possible he should keep that position. It may seem to him, at times, that he should like to take a more active part in whatever play is being made at a particular time, but as a matter of fact failure to play his posi-

tion might lose his side the game. During an entire game, he may not have opportunity to make any marked play, but if he has played his position to his utmost, he should be satisfied in the consciousness of having done his duty. It is this team work that means victory.

HONESTY.

Frequently, a participant is the only one who knows the truth about a play, under dispute, and by keeping silent, or by not telling the truth, points would be gained by his side. At such times, the best course is honesty; tell the truth even though it may hurt your side. Get above the idea of winning at any price.

Usually, classifications are made according to age, and at times there is a temptation to misrepresent the fact, in order to place one's self in a different class. Clearly this procedure will not stand the test of conscience, and should never be attempted.

CHARACTER.

In all athletics, keep in mind that while you play to win there is something higher than this. It is Character. Get self-control, play fair, be courteous to all, and ever act like a gentleman.

Public School Athletic Organizations Have Come To Stay

BY JAMES E. SULLIVAN,

Secretary of the Amateur Athletic Union of the United States; Member of the Advisory Committee of the Public Recreation Committee of New York City; Member of Board of Education of Greater New York.

The great stride in organized athletic activities in the public schools of our country during the last decade may be said to have had its origin, when, in 1903, Dr. Luther H. Gulick, now Chairman of the Advisory Committee of the Public Recreation Commission of New York City, was appointed to the position of Director of Physical Culture in the Public Schools of Greater New York.

Knowing the benefits of properly governed athletic bodies, from his connection with the Amateur Athletic Union of the United States since its organization and the crying need for playgrounds, gymnasiums and athletic tracks, due to the rapid growth of our cities and towns during the last quarter of a century, the writer had often sought to interest public officials in the movement, but probably through ignorance progress was painfully slow until a question of Dr. Gulick's as to the best method to stimulate athletics in the schools opened the way to introduce a favorite topic.

The idea of a Public Schools Athletic League was instantly adopted by Dr. Gulick and as an instance of how quickly the movement met with favor it might be mentioned that at the first championship meet of the League, held in Madison Square Garden, New York, the entry list embraced over two thousand competitors. A large number of the prizes were contributed by Mr. W. R. Hearst and his munificence at that time aided greatly in making the affair the overwhelming success that it turned out to be.

Since then the idea has been adopted by nearly every city and town in the country and they all have their school organizations under various names but working on practically the same lines as the parent one in New York.

While the writer would not say that previous to the formation of the New York Public Schools Athletic League athletics were unknown in the educational arena, as there have been collegiate and scholastic bodies for years, still the groups that needed organization most had previously never been reached.

Not only as an official of the Amateur Athletic Union but also

as a member of the Board of Education of Greater New York has it repeatedly come to the attention of the writer what influence is exerted for his own good by a boy's interest in athletics. Aside from the physical benefit derived, which is reflected in his work in the classroom, there is also inculcated the spirit of loyalty to his flag, his teacher, his school and his schoolmates that would never find expression were it not for the competitions that make him strive to surpass his opponents for the honor of his school. He soon learns that bad habits militate against his success and his energies are devoted to achieving a winning form. Organized athletics also develop discipline. The boy learns that he cannot do things haphazard or when it suits him; he must conform to the rules if he wishes to compete with his fellows.

The rule that compels a student to attain a certain percentage in his studies before he can represent his class or school on an athletic team acts as a stimulant to his ambition and often secures the help of admiring, though not as physically proficient, schoolmates where a little coaching is all that is needed. A case in point came to the notice of the writer recently where a boy whose calculations ran more to curves of a baseball than problems in arithmetic was suspended for deficiency in his studies, but he was such an important factor in the championship that his more proficient schoolmates took turns in coaching him, with such success that he not only passed in his examinations but also won the championship for his team.

While it is all right, therefore, to encourage and foster athletics for the school boy, care should be taken that enthusiasm does not lead to overdoing it, especially in training, and in this connection the writer can not do better than to quote from a chapter in his book in Spalding's Athletic Library on "Schoolyard Athletics":

"Nowadays a great deal is heard of the training—athletically—of the schoolboy. A schoolboy requires no training, as the word is understood in athletic circles. The schoolboy requires play; he must take athletics as he does play, and training should consist merely in showing the boy the correct way in which he should proceed. Show him how to put the shot, how to get down for the start of a sprint, how to hold his arms, body and feet in the broad jump. Give the boy an example of just what he is to do; then let him play his own game. That is athletics for the schoolboy. Omit in all cases that you possibly can the arranging of boys in any kind of competition that calls for weight. The training of boys entered by weight classification is something that should be discouraged, for the simple reason that in many cases if a boy is to go into an eighty-pound class event and he weighs, say, eighty-

two pounds, he will resort to some unnatural means to take off those two pounds, and that unnatural means will eventually harm the boy.

"In the writer's years of athletic experience many instances have come to his knowledge where, through ignorance, harmful advice for reducing weight has been given to boys. They are sometimes instructed to take physic, to get up a copious perspiration, or to use other rigorous methods of reduction, which cannot but injure their health. In some cases, it is said, young boys have been sent to Turkish baths to reduce their weight for a race. Several of such baths in a few days will injure a boy—his vitality will be sapped.

"Weight competition is not at all objectionable if the boys are taken at their ordinary weight, without training, dieting or physicking. The harm comes when the boys diet, perspire and take physic to reduce their weight.

"Perhaps it may be necessary for Public Schools Athletic Leagues to have their championships conducted on a weight basis, but in all preliminary school athletics, all classification by weight should be abolished. When the team is made up for the championships, if they have to be picked out, pick them out without training as to their weight.

"It is advisable therefore that the class teacher or the one in control devise other basis of competition. Have it by handicap, or size, or make a selection arbitrarily, but in preliminary work do not think of having weight classification. There should be no necessity in school athletics for a boy to diet himself. In other words, do not worry the youngster when he is at play; let the athletics in the schoolyard be such that he will derive some benefit therefrom. Have the boy go into as few outside competitions as possible. Let him compete in his own group and in his own class; competing among his own schoolmates is not the strain on the boy that it is when he is asked to go outside and compete in championship or other important events. The fewer we have of these outside competitions the better the boy will be in after years. Preparation for such events is a worry and a strain on the boy to which he should not be subjected.

"Above all things, avoid giving a boy too much work, even in his class or school athletics. Never permit him to exhaust himself; never allow him to keep on until he is absolutely exhausted. Do not allow him to compete in more than one event, no matter whether he feels like entering two or three. Restrain him, because it is over-indulgence in athletic competition that will eventually tire the youngster of athletics.

"Some men in answer to this argument of not having the boy compete in too many events have said that a boy will run on the street all day long. That is quite true, and a boy in his ordinary play will do a lot of running, but it is not the kind of running that is a mental strain on the youngster. As soon as you send a boy to compete he gets nervous. It gets on his mind, and in many cases the mere thought of the final test that is coming has been known to upset not only schoolboys but even old and seasoned athletes. The work, to show any benefit, must be the kind of work that enlists the entire class; let them all take their turn in putting the shot, high jumping, running and other activities."

As a former resident of the Greenville district of Jersey City for many years, the formation of a Public School Athletic Association in Jersey City is a matter of great interest to the writer and he knows and feels that not only will it be a great success but of inestimable benefit to the boys and girls of Jersey City.

Hints on Training

The following are a few suggestions to boys who are endeavoring to better their physical well-being by competing in athletic amusements.

RUNNING.

If you have speed and lack endurance, run more than your distance at three-quarter speed. If on the other hand you lack speed, run three-fourths your distance at top speed.

RUNNING BROAD JUMP.

The sprints must be practiced faithfully if one desires to excel in this event. Form should be acquired first of all. The essential points to work for are the stride, the take-off, and the rise after leaving the board. One must practice the sprint until he can reach the take-off board with the same foot in exactly the right place time after time without losing speed. After leaving the board the knees should be drawn up to the chin, and the eyes kept on a point some distance beyond where you are able to jump.

It is well to pace your distance and mark the third and seventh stride. Then you will have two marks to aid you in striking the take-off.

Determine the location of take-off, and mark the third and the seventh strides from that, so the jumping foot strikes the take-off. Don't attempt too much jumping, for over-exertion may result in a strained tendon. Always limber up first by short sprints, jogs, and easy jumps. On the first attempt, try more for form than distance, and be sure of the take-off. The highest speed should be reached at the take-off and at the moment when the body is gathered for the jump. Unless the speed is considerable the jumper cannot throw his legs forward to the full limit. Get elevation in a jump. To get height, in practice use jumping standards placed some distance from the take-off. Keep the arms well forward and fix the eyes on a point considerably higher than the probable landing point. After leaving the take-off, the knees are drawn up under the chin. Just before landing, the feet should be thrust as far forward as possible. Don't fall back. After one has learned the broad jump practice every other day. Practice sprints to get the speed. Practice running at the take-off. Practice using only three or four steps to get the rise.

RUNNING HIGH JUMP.

Every other day is often enough to practice high jumping. The first attempts should be made with a bar about two feet six inches. As form is acquired, gradually raise the bar. As in the running broad jump, the place where the stride is reached and the take-off must be determined by experiment and practiced until it can be reached without changing the stride. Have just enough speed in your run to carry the body over the bar after you get your elevation. Emphasize the last four strides. Don't get any higher than is necessary. Practice running from the front and not from the side. Jump with a twist. Turn to the left if you take off with the left foot.

SHOT-PUTTING.

Heavy work in the gymnasium during the winter is one of the greatest aids toward putting one in condition for this event. Parallel bar exercises and bag punching are especially good. It will be necessary to learn the form from some person qualified to teach the different parts of the movement for shot-putting is quite complicated, and knack as well as strength is required.

Develop the muscles of the arm and back. Practice with different weight shots, the heavier for form and the light one for speed. Stop before the fatigue point is reached. Practice putting from a stand first. Have the shot rest against the shoulder, the elbow well back of it. Use a hop, step and a jump, or a glide, step and a jump, in putting the shot. Finish facing the side of the circle. There should be no stop from start to finish. As the right side of the body comes to the front the right arm must be thrown straight outward with much the same motion as used in delivering a direct punch at a bag hanging about on a level with the head. Remember it is a sharp thrust rather than a throw. Put the body weight into the thrust.

GENERAL TRAINING.

Don't overdo; don't work until fatigued.

Don't specialize.

Don't take too many hot baths.

Don't do any violent exercise before or one or two hours after a meal.

Strive for an all-round development. Train faithfully for events. Always warm up before a severe exertion; always finish the day's work feeling that you could do more.

Always cool off after exertion with mild exercise.

Get plenty of sleep, plenty of fresh air day and night, and plenty of water.

DIET.

Don't drink coffee; don't eat pastry or candy; don't smoke cigarettes; they are fatal to athletes.

Don't over-eat or over-drink.

Eat fruit, beef, mutton, steak, eggs, vegetables, prunes, apple sauce, cheese, rice, peas, beans, tapioca, custard, bread pudding.

Eat no bulky food the day of the race.

Be regular in the meals; have the same well cooked.

CLOTHING.

Light weight, sleeveless shirt trunks that reach almost to the knees, shoes to fit comfortably so that feet will not slide around in them and become chafed.

TRAINING FOR SPRINTS.

Master the crouch start.

Don't look around or allow other competitors to worry you.

Don't run with the head up in the air or bending backward.

Don't throw the heels up in back; don't run on the heels; don't turn the toes out in running.

Don't make stride too long.

Don't run the full distance at top speed more than once or twice per week.

Don't stop suddenly after you have finished the race.

Don't do too much distance work when training for the sprints.

Use the crouch start for all sprints.

CROUCH START—Dig depressions in the track for the feet, one about seven inches in back of the mark and the other about twenty inches back of the first. "On your mark"—Place the fingers on the mark (arms straight), the left foot in the first depression and the right foot in the second, kneeling on the right knee. "Get set"—Raise the back (head well up), and throw the weight well forward so the body weight is divided between the hands and forward leg. At the sound of the pistol, take the

hands away and dive straight forward. Make the first five or six strides short in order to get into stride as soon as possible. Slow down by degrees. Always land running, that is, body inclined forward. Have the body well balanced for the start. Get your stride naturally; don't over-stride at any time. Run straight and true; don't let your competitor pull you out of stride; don't chop your stride; don't be nervous on your mark; don't expect to break records the first year. Alternate fast work one day and some slow work the next. Practice starting four or five times per day when practicing the slow work.

HURDLING.

Develop sprinting ability. Clear hurdle in a step and not a jump. Learn to skim the hurdle. Land as quickly as possible after each hurdle. Race between the hurdles. Always land running. Don't slow up when approaching the first hurdle. Take an odd number of steps between hurdles, thus taking off with the same foot. Work hard and progress slowly. Land directly in front of your take-off. Use one knock-off hurdle for practice first. Hurdle three times per week and the other two days practice sprints. Make the first stride between hurdles comparatively short as impetus is obtained here for the others. On the last stride shorten the length without lessening the speed.

POLE VAULT.

Develop muscles of the arms, shoulders, and back by gymnasium work. Hold the pole with both thumbs up and parallel to the straight of way. The impetus gained in running and the final leap give the necessary momentum to throw the body over the bar. Find the starting point and the take-off and mark them plainly; then practice until you can strike this spot every time without changing the stride. Hold the pole against the bar and note where it touches. Grasp just under this with the low hand, and if you take off with the left foot this will be the left hand. Now, grasp with the upper hand about eighteen inches above. Practice sprinting first without the pole and then with the pole until an even stride is acquired. When the vault is made, the point of the pole strikes the ground, and the spring from the left leg comes almost simultaneously. The routine of work should include three days at vaulting, and other days practice high jumping and springing. Don't attempt height until the form is thoroughly mastered. Fix the eyes on the middle of the

bar, and don't look at anything else until the body has been raised to it.

CHINNING THE BAR.

Use the reverse grasp; that is, with the palms of the hands turned toward the body, and raise the body steadily, don't jerk it or try to swing up. Straighten the elbow in every extension. Practice once or twice every morning just before school and again in the afternoon after school. Don't raise the body more than ten times.

RUNNING, HOP, STEP AND JUMP.

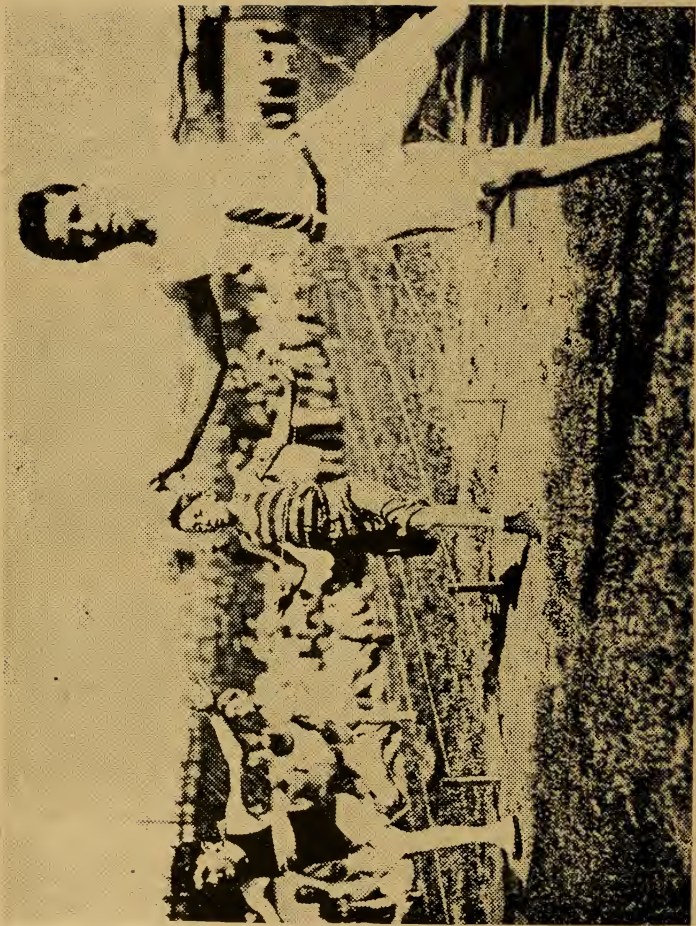
Rules for the running broad jump apply here. Don't make the first hop too long. Make the greatest distance in your final jump. Increase the speed from start to finish. In the hop, land on the foot used in taking off; in the step on the opposite foot; and in the jump on both feet.

STANDING, HOP, STEP AND JUMP.

In the standing, hop, step and jump, the foot must be raised before the first hop is taken.

STANDING BROAD JUMP.

It is permissible to toe over the take-off about one inch and thus get a firm support for the spring forward. The body should be inclined well forward, knees bent, the arms in back. In making spring, throw the arms forward, draw the knees up and shoot the legs forward. Practice the broad jump four or five times a day.



75 YARDS DASH.

Rules for Governing the Base Ball Leagues of the Jersey City Public School Athletic Association

RULE No. 1. The City shall be divided into three districts for the present, and the names of the three leagues shall be the Northern District League, the Southern District League, and Eastern District League. And these leagues shall be divided into Juniors and Seniors.

RULE No. 2. The District League shall have as officers a President, Vice-President, Secretary and Treasurer. The last two offices may be held by one man.

RULE No. 3. The President and Vice-President must be selected from the principals of the city schools. The remaining officers may be selected from the students or teachers.

RULE No. 4. A schedule of games, never more than two a week, shall be made by the Presidents of the District Leagues and submitted to the Executive Committee of the Athletic Association for approval before the opening of the season.

RULE No. 5. The duties of the Presidents of the District Leagues shall be, beside those usually designated to this office, the providing and assignment of the baseball diamonds to the several teams and the general oversight of the field of play during the contest.

RULE No. 6. The Vice-President beside the usual duties of this office, shall aid and abet the authority of the President and may assist the President in assigning the diamonds.

RULE No. 7. The Secretary and Treasurer shall perform the usual duties of these offices.

RULE No. 8. All players must be eligible according to the rules of the Public School Athletic Association. (See Rule 2, page 23; Rule 19, page 56; Rule 22, page 56.)

RULE No. 9. Any team playing ineligible members may be dropped from the League in consequence.

RULE No. 10. The official ball shall be adopted each year by the Association. For the year 1912 "Spalding's Public School League Ball" shall be used exclusively in all games.

RULE No. 11. At least one principal or a substitute shall be in attendance to supervise each game.

RULE No. 12. On the field of play only the two captains shall be recognized and any dispute arising shall be settled between these two men and the umpire.

RULE No. 13. The official rules shall be the playing rules adopted according to the national agreement for the year.

RULE No. 14. Before the opening of the game the balls must be submitted to the President of the League and to the umpire to be passed upon. A new ball is required. Each team must furnish one.

RULE No. 15. All baseballs must be purchased from the Presidents of the several Leagues.

RULE No. 16. All banners or cups shall be provided by the Jersey City Public School Athletic Association and shall consist of four pennants or cups.

RULE No. 17. Each school shall raise funds for the support of its baseball teams, and shall own and supply all uniforms, bats, balls and baseball paraphernalia.

RULE No. 18. All championship games of the Baseball Leagues shall be played on the baseball diamonds approved of by the Executive Committee of the Association.

RULE No. 19. The senior team may be taken from any grades in the school. The junior team in Grammar Schools shall be made up of boys under 14 years of age. A junior boy when changed to a senior team can not play upon a junior team in any league game during the rest of the season, nor can a senior boy play on a junior team. All schools having more than six grades shall be classed as Grammar schools for purposes of baseball, soccer, and basketball.

RULE No. 20. In Primary Schools the junior team may be taken from any grade of such school including the 6th grade.

RULE No. 21. Any boy who receives money for playing in any sport shall be ineligible to play on the school teams.

RULE No. 22. Boys playing on any team must have been a member of the Jersey City Public Schools twelve weeks previous to the games.

RULE No. 23. There will be an entrance fee of one dollar for each team entered from a school. This money is for the purpose of purchasing trophies.

RULE No. 24. The names and ages of all players are to be sent to the Secretary before the season opens and by him furnished to each principal.

Base Ball Schedules, 1912

NORTHERN DISTRICT LEAGUE

PRESIDENT, H. B. HOWELL.

April 26—P. S. 8 vs. P. S. 25	May 21—P. S. 8 vs. P. S. 25
P. S. 28 vs. P. S. 23	P. S. 28 vs. P. S. 22
April 30—P. S. 6 vs. P. S. 27	May 24—P. S. 6 vs. P. S. 27
P. S. 8 vs. P. S. 28	P. S. 8 vs. P. S. 28
May 3—P. S. 25 vs. P. S. 6	May 28—P. S. 25 vs. P. S. 6
P. S. 23 vs. P. S. 27	P. S. 23 vs. P. S. 27
May 7—P. S. 8 vs. P. S. 23	May 31—P. S. 8 vs. P. S. 23
P. S. 25 vs. P. S. 27	P. S. 25 vs. P. S. 27
May 10—P. S. 28 vs. P. S. 6	June 4—P. S. 28 vs. P. S. 6
P. S. 25 vs. P. S. 23	P. S. 25 vs. P. S. 23
May 14—P. S. 8 vs. P. S. 6	June 7—P. S. 8 vs. P. S. 6
P. S. 23 vs. P. S. 27	P. S. 28 vs. P. S. 27
May 17—P. S. 8 vs. P. S. 27	June 11—P. S. 8 vs. P. S. 27
P. S. 25 vs. P. S. 28	P. S. 25 vs. P. S. 28
P. S. 23 vs. P. S. 6	P. S. 23 vs. P. S. 6

SOUTHERN DISTRICT LEAGUE

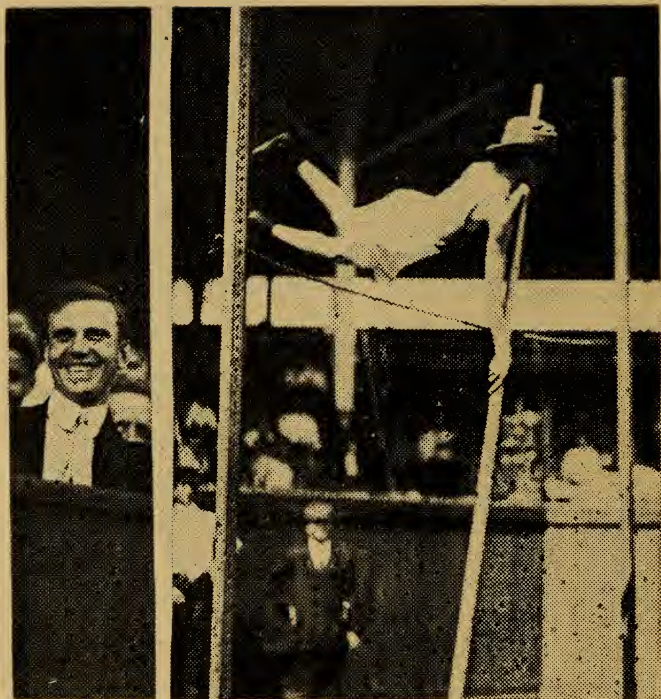
PRESIDENT, W. F. BABCOCK.

April 23—P. S. 12 vs. P. S. 14	May 17—P. S. 12 vs. P. S. 14
P. S. 15 vs. P. S. 17	P. S. 15 vs. P. S. 17
P. S. 20 vs. P. S. 24	P. S. 20 vs. P. S. 24
April 26—P. S. 11 vs. P. S. 12	May 21—P. S. 11 vs. P. S. 12
P. S. 15 vs. P. S. 20	P. S. 15 vs. P. S. 20
P. S. 17 vs. P. S. 24	P. S. 17 vs. P. S. 24
April 30—P. S. 11 vs. P. S. 24	May 24—P. S. 11 vs. P. S. 24
P. S. 15 vs. P. S. 14	P. S. 15 vs. P. S. 14
P. S. 17 vs. P. S. 20	P. S. 17 vs. P. S. 20
May 3—P. S. 11 vs. P. S. 20	May 28—P. S. 11 vs. P. S. 20
P. S. 12 vs. P. S. 24	P. S. 12 vs. P. S. 24
P. S. 17 vs. P. S. 14	P. S. 14 vs. P. S. 17
May 7—P. S. 11 vs. P. S. 15	May 31—P. S. 11 vs. P. S. 15
P. S. 12 vs. P. S. 20	P. S. 12 vs. P. S. 20
P. S. 14 vs. P. S. 24	P. S. 14 vs. P. S. 24
May 10—P. S. 11 vs. P. S. 17	June 3—P. S. 11 vs. P. S. 17
P. S. 12 vs. P. S. 15	P. S. 12 vs. P. S. 15
P. S. 14 vs. P. S. 20	P. S. 14 vs. P. S. 20
May 14—P. S. 11 vs. P. S. 14	June 7—P. S. 11 vs. P. S. 14
P. S. 12 vs. P. S. 17	P. S. 12 vs. P. S. 17
P. S. 15 vs. P. S. 24	P. S. 15 vs. P. S. 24

EASTERN DISTRICT LEAGUE

PRESIDENT, JAMES T. MACKEY.

April 17—P. S. 1 vs. P. S. 4	May 3—P. S. 1 vs. P. S. 9
P. S. 32 vs. P. S. 9	P. S. 22 vs. P. S. 4
April 19—P. S. 32 vs. P. S. 1	May 8—P. S. 32 vs. P. S. 9
P. S. 4 vs. P. S. 9	P. S. 4 vs. P. S. 22
April 24—P. S. 22 vs. P. S. 1	May 10—P. S. 22 vs. P. S. 32
P. S. 4 vs. P. S. 32	P. S. 1 vs. P. S. 4
April 26—P. S. 32 vs. P. S. 9	May 15—P. S. 22 vs. P. S. 32
P. S. 22 vs. P. S. 1	P. S. 1 vs. P. S. 9
May 1—P. S. 22 vs. P. S. 9	May 17—P. S. 1 vs. P. S. 32
P. S. 32 vs. P. S. 4	P. S. 4 vs. P. S. 9



POLE VAULT.

Basketball Leagues of the Jersey City Public School Athletic Association

RULE 1. A. A. U. Rules shall govern play.

RULE 2. The rule for membership in senior and junior basketball shall be the same as in baseball and football.

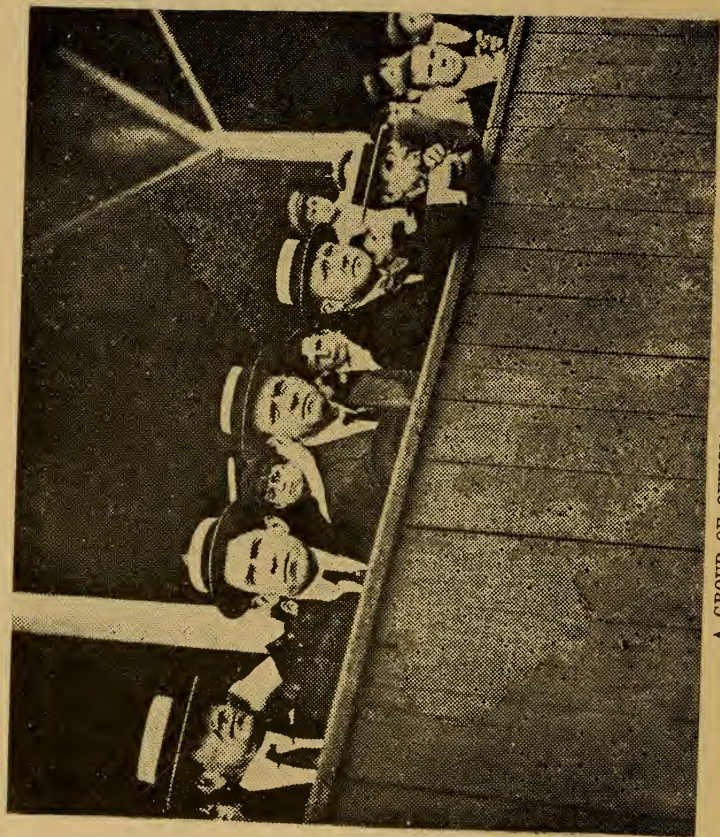
RULE 3. Rules of conduct shall be the same as those that govern all entries in the Jersey City Public School Athletic Association.

RULE 4. Spalding's "Official" Basket Ball shall be used in all games.

RULE 5. There shall be an entrance fee of one dollar for each team entered from a school. This money is for the purpose of procuring trophies.

RULE 6. The names and ages of all players are to be sent to the Secretary before the season opens.

RULE 7. The Games of the League shall all be played before the opening of the February term.



A GROUP OF OFFICIALS, FIELD DAY, 1909.

Soccer Football Leagues of the Jersey City Public School Athletic Association

RULE No. 1. The rules as adopted by the International Board shall govern the play.

RULE No. 2. The rule for membership shall be the same as in baseball.

RULE No. 3. Rules of conduct shall be the same as those that govern all entries in the Jersey City Public School Athletic Association.

RULE No. 4. Rules of Organization for Soccer Football shall be the same as those governing baseball.

RULE No. 5. Spalding's "Official" Soccer Football shall be used in all games.

RULE No. 6. There shall be an entrance fee of one dollar for each team entered from a school. This money is for the purpose of purchasing trophies.

RULE No. 7. The names and ages of all players are to be sent to the Secretary before the season opens.

The Girls' Athletics

BRANCH OF THE JERSEY CITY PUBLIC SCHOOL ATHLETIC ASSOCIATION.

It is the policy of the Executive Committee of the Public School Athletic Association to encourage the development of suitable forms of exercise and recreation for the great mass of girls in the public schools, and to avoid all evils of over-strain or excitement by carefully selecting the competitive events. The committee recognizes that the question of girls' athletics must be handled in a very different manner from that of the boys' and in no case has it introduced competition which would do harm to the delicate organism of the growing girl. The girls are given a pin, the same as the boys are given a button, when they make a standard.

GIRLS' ATHLETIC MEET.

There shall be an annual athletic meet held each year for the girls which shall consist of the following events:

GIRLS' PRIZE EVENTS.

8—A and 8—B

Oat Bag Relay (contestants to run around a pole, and the first girl not running in each team *must* stand on an 8-inch painted line; the one running with the bag shall run in front of the line and pass the bag back over her head with both hands, and afterwards get back on the line; the one receiving it must stand on the line until she has passed the bag back.)

7--A and 7—B.

(a) Chariot Race with Reins and Driver (driver must get over the finish line in order to finish the race.) The first girl of a team to breast the tape wins if the team is linked together and the driver holds the line. Distance 75 yards. Driver must be behind the team. Reins to be 6 feet long.

(b) Captain Ball League.

6—A and 6—B

(a) Indian Club and Flag Relay (Flag to be without stick and to be at least 16 inches long.)

(b) Newcome Ball League.

5—A and 5—B

- (a) Potato Relay Race (6 on team).
- (b) Dodge Ball League.

4—A and 4—B

Class event 20-yard dash (20 girls on a team) total time taken by stop watch.

Finals of the North, South and Eastern Districts championship to be run off at the Athletic Meet.

GIRLS' STANDARD EVENTS.

8—A and 8—B

Throwing the basket ball for distance—40 feet (3 trials.)

7—A and 7—B

Throwing the oat bag for height—17 feet (3 trials.) (weight of bag 4 pounds.) Disk 20 inches in diameter. Jump allowed.

6—A and 6—B

Hand walk twice the length of a 16-foot horizontal ladder:
From rung to rung without touching the floor, (or by skipping), over and back with a turn.

5—A and 5—B

30 yard dash—5 seconds.

Oat-Bag Relay.

For Girls in the 8—A and 8—B Grades.

The oat-bag relay race consists of a competition of teams made up of ten pupils from the 8A and 8B grades of each school. The teams line up, one pupil behind another, No. 1 girl standing on the starting line and the rest of the team spread out behind, one in back of the other. Sixty feet back of this starting line there is a second line drawn parallel to the first on which poles are to be placed. In front of the starting line a third line is drawn thirty feet away. The first or No. 1 girl standing on the starting line holds an oat bag approximately eight inches in diameter and weighing four pounds, which she passes at command over her head with both hands to No. 2 girl, behind. Each girl in turn passes the bag over her head with both hands until it reaches the last or No. 10 girl, who turns and runs to the rear line around the pole which was spoken of as being sixty feet back of the starting line. Here she turns and quickly returns to the starting line passing to right of her team and passes the bag over her head in the same way that the first girl did; then gets back on the line. The successive members of the team thus run to the rear line and to the front until at last the first or number 1 girl has gradually moved back to the last one in the line. She must not only run to the back line, but instead of stopping at the starting line she runs at full speed to the finish line thirty feet away and crosses it, thereby finishing the race.

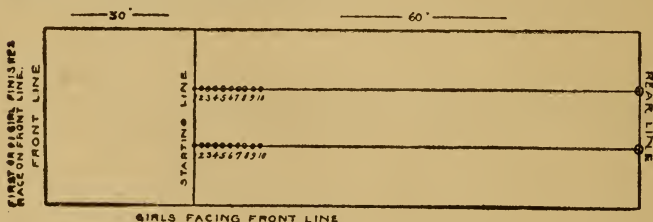


Diagram Illustrating Oat-Bag Relay.

The first girl is responsible for the team being on the line, but this shall not be interpreted as referring to the girl who is running with the bag.

Chariot Race With Reins and Driver

For girls in 7A and 7B.

The chariot race consists of a competition of teams made up of five pupils from the 7A and 7B grades of each school. The teams line up abreast, the four girls link arms and the driver takes her position 6 feet in the rear of the team. The driver is to have four lines connecting the members of the team. At the word of command they run twenty-five yards forward and circling a pole on the right, run back to the starting line where they circle a second pole, passing it on the right, and return to the first pole, which becomes the finishing line. A line or yarn shall be stretched and held by the judges for the finish. Any breaking of arms or separation of team mates or taking hold of hands will constitute a foul and will debar that team from winning. The first girl of a team to breast the line wins the race. The lines shall be attached to a harness which passes around the neck and shoulders of each girl in the team.

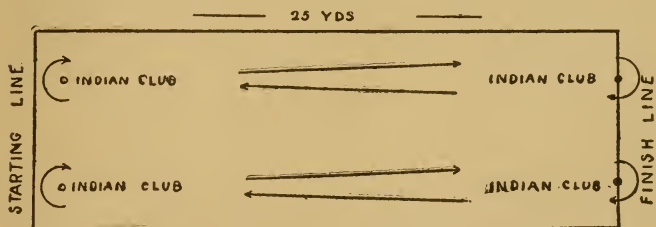


Diagram Illustrating Chariot Race.

Captain Ball

16 players on a team. Playground; gymnasium.

GROUND.—The ground is divided into two equal parts by a line through the center. In each half are marked 10 bases in the form of small circles two feet in diameter, outlining a large semi-circle or square open on one side. In the center of each half is marked

a small rectangle or base, three feet long, two feet wide, for the captain.

TEAMS.—The players are divided into two equal teams, consisting each of: (1) a captain, (2) a baseman for each base in the outer circle, five guards. The guards belonging to a team are stationed in the opponents' field, and generally begin the game lined up near the central line that runs through the center of the ground. As the game progresses, the guards may scatter in any way that they choose. An umpire is necessary, and a scorer, timer and referee are needed for skillful teams.

OBJECTS OF GAME.—The objects of the game are (1) for the ball to be thrown and caught around the complete circle of basemen; (2) for the outer basemen to throw the ball to their captain in the center; the guards trying (1) to intercept the ball before it can complete a circle; (2) to prevent it being caught by the captain; and (3) to secure possession of the ball and send it to the basemen in their own (the opposite) field.

START.—The ball is put in play in the center of the field by the referee. He tosses the ball, as in Basketball. The guards may run anywhere they choose on their side of the central line. To touch the ball does not give a guard possession of it; she must hold it in both hands. In case of dispute the referee should again toss the ball. When a guard has secured possession of the ball, she throws it to one of her basemen in the opposite field. The ball is put in play from the center after every point scored, and after it goes afield.

RULES.—The guards are not allowed *to step within the bases*; they may not cross the boundary lines into the opposite territory. Basemen may not step outside of their bases, except with one foot. Should the captain, in catching a ball, step over her base, the catch does not score. A throw from a guard in the opposite field to her own captain does not score. Striking a ball out of a player's hands is allowable. In trying to block a throw, guards may not touch basemen nor step within the bases. Guards will naturally be very watchful of the center, as successful catches by the captain score, but they must not step in the captain's base.

FOULS.—Transgression of any of the previous rules constitutes a foul, penalized by the opposite side scoring one point.

SCORE.—One point is scored for a team every time that the captain catches a ball thrown by one of her basemen. Four points are scored for a team whenever the ball is thrown from base to base successively until it completes an uninterrupted circle. After

every point scored, the ball is returned to the umpire and put again in play.

The game is played in two halves of ten minutes each with a rest of five minutes between the halves. Teams change sides at the beginning of the second half, but they do not change players; that is, guards do not become basemen, and vice versa, as in some other forms of this game.

The Referee shall have full charge of the ball as in Basket Ball. The Umpire shall call fouls and assist the Referee.

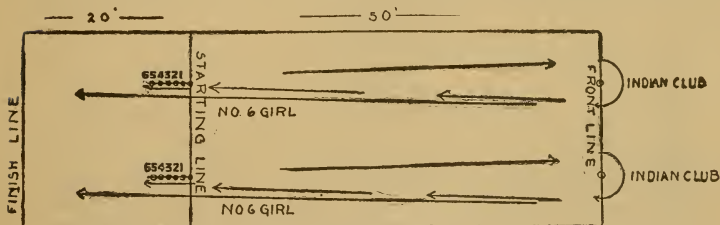
There shall be an official timer.

There shall be an official scorer.

Indian Club and Flag Relay Race

For girls of the 6A and 6B.

An Indian club and flag relay race consists of a competition of teams made up of six pupils from the 6A and 6B grades of each school. The teams line up as in the oat-bag relay race; that is, one behind the other, the front or No. 1 girl standing on the starting line and the rest of the team standing behind her.



GIRLS FACE FRONT LINE OR INDIAN CLUB.

Diagram Illustrating Indian Club and Flag Relay Race.

Fifty feet in front of the first girl (in the oat-bag race it is behind) is a line drawn parallel to the starting line and behind the starting line and back of the team, the finish line is drawn twenty feet away (in the oat-bag race this line is in front of the girls). In front of each team on the line fifty feet in front a pole is set up. At the word of command the first or No. 1 girl, who holds a United States Flag 16 inches in length with-

out stick, runs to the pole in front of her team, circles it with her right side towards the pole and returns to the starting line, where the second member or No. 2 girl of the team has taken her position ready to run. As the first runner runs by on the right side of her team mates, she hands the flag to the outstretched right hand of the one on the starting line, who immediately dashes off to circle the pole as the first member of the team has done before. Each one in turn on the team receives the flag, runs around the pole, and returns to the starting line where she delivers the flag as above described, and then takes her place back of the line of standing team mates. Each member takes her place back of the one last running, except the sixth member or No. 6 girl of the team. When she receives the flag, she runs around the pole, returns and crosses the starting line and continues on to the finish line, which has been said was twenty feet behind the starting line.

The flag should not be dropped throughout the race; but any girl who drops one must pick it up before continuing the race.

If the pole is knocked over it must be reset in its original position by the one knocking it down, before the team continues.

6.

Newcomb

A Game for the Gymnasium or Playground

APPARATUS.

The game is played with an indoor baseball, and requires also a Division Line or "Rope" and "Posts." The Division Line is supported by the posts, so constructed as to vary the height of the rope and adjustable as to length of rope required, to accommodate a different width of court or space. The official Newcomb Rope is 34 feet long and $\frac{1}{2}$ inch in diameter. Where the walls form the Boundary Lines, a "Brace" should be used to secure the rope.

HOW TO ARRANGE THE GAME.

I. In the Gymnasium.

For the arrangement of the court, see diagram. Lines are made by painting them upon the floor. These lines should be about two inches in width. The posts for the rope should be at least one foot outside the Boundary Lines. The rope should divide the space into two equal parts. This rope is known as the Division

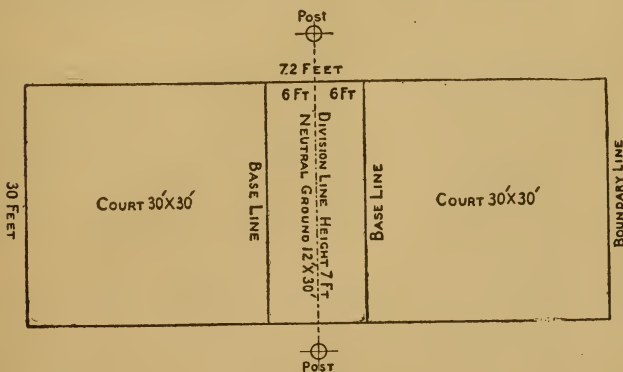
Line. The space between is called the Neutral Ground. The height of the rope should be seven feet above the ground.

THE GAME.

The space between the Base Line and end of the field is known as the "Court." The players are arranged at irregular intervals over the court; the object being to cover this space as effectually as possible, to prevent the opposing player making a "touch-down." The object of the game is to throw the ball over the rope and to make it touch any clear space in the enemy's court. This is called a "touch-down" and constitutes one point for the side sending the ball. A foul adds one to the opponents' score. The game calls for an equal number of players on each team. The official game calls for twenty players on a side.

STARTING THE GAME.

Match games occupy two halves of ten minutes each. The game is opened by the instructor, or referee, who stands in the neutral ground and tosses up the ball as in Basket Ball. The Captains, or some players selected, stand at the middle of the



field, and as the ball is thrown, they jump with the object of tapping it toward their respective courts. When the ball is secured by one team both Captains or players return to their respective positions and thereafter must not play in the neutral territory. THE SIDE THAT SECURES THE BALL OPENS

THE GAME. When the whistle is blown for the end of the first half, or the conclusion of the game, and a ball is in the air, its result shall be counted. For the second half of the game, the teams change courts. The game is begun as in the first half.

RULES.

1. A "touch-down" shall count one for the side sending the ball.
2. A foul shall add one point to opponents' score.
3. A majority of points decides the game.
4. The players must stand within the Boundary Lines.
5. No player shall step over the lines except to secure an "out" ball.
6. A ball thrown by a player and landing out of the Boundary Lines shall be counted a foul.
7. The ball must be thrown with one hand. It cannot be kicked.
8. No player shall catch, or throw the ball while down; but must be standing.
9. The ball must clear the rope and touch the opposite court to constitute a "touch-down."
10. If a ball is batted into the neutral ground by a player receiving it, it shall constitute a foul against the side receiving the ball.
11. An "out" ball beyond the Boundary Lines, shall constitute a foul unless tapped by a player as it passes over the court. When it counts against side *receiving* the ball. It should be returned to play at the nearest point of its passage and exit from the court.
12. If, in passing the ball to another player on the same team, it should be dropped to the floor (ground) it shall constitute a foul.
13. A ball, striking the wall and bounding into the neutral ground or court, shall constitute a foul for the team sending the ball.
14. There shall be no protests, except by the Captain; no talking, no general disturbance of the game.
15. The ball must not be thrown under the rope nor between the Base Lines.
16. In match games unavoidable loss of time shall be deducted.
17. When the question arises between teams as to whose ball shall be used, each team may furnish the ball for one half of the game.
18. In the absence of a regular instructor the Captain shall decide the position of the players in the court.

19. The team shall change courts during the second half of the game.

FOULS.

1. When the ball touches the rope.
2. When the ball passes under the rope.
3. When the ball falls into the neutral ground—counts against side sending the ball.
4. Tapping the ball over the lines—counts against side receiving the ball.
5. Deliberately hitting a player with the ball.
6. Falling down with the ball.
7. Audible signals.
8. Needlessly rough playing.
9. Unnecessary protests.
10. Talking, or any disturbance of the game.
11. Running all over the court.
12. Stepping over, or on, the lines.
13. Playing out of Boundary Lines.
14. Needlessly high ball.
15. Dropping the ball.
16. Any violation of the rules of the game.

TACTICS.

The object of the game is to secure the ball, guarding the ground on which you stand, as that will prevent the opposite team's securing a "touch-down." Learn to throw curved balls that will clear the rope, and that will be difficult for opponent to catch. Remember that "out" balls are simply a waste of time. Make a careful distribution of players. Do not put all the best players together. Look for the enemies' weakest defense and throw your ball in that direction. While the players do not have to stand in a given position, it is well to prevent general running over the field, as that confuses the players and obstructs the play. A limited radius should be understood for each player; and to secure the best team work, the player who receives the ball should throw it. Never look in the direction you intend to throw the ball. Remember it is skillful, rather than violent playing that secures the game. Vary your plays; do not always aim in the same direction. Try to help your team by giving it your best effort; but do not get in the way of other players, and **DO NOT TRY TO DO ALL THE PLAYING YOURSELF.** Again, remember, to win, the **ENTIRE TEAM** must work.

Potato Relay Race

For girls of the 5A and 5B. (6 in a team.)

The Potato Relay Race consists of a contest between teams of six girls from the 5—A and 5—B grades.

The competitors line up standing behind two stands, which are 10 yds. apart. The 1st, 3d and 5th girls stand behind one of the stands and the 2nd, 4th and 6th stand behind the opposite one. At the signal No. 1 takes her place on the right side of her stand. At the pistol shot she runs to the opposite stand from which she brings, one at a time, four potatoes and places them on her own stand, which is empty; having placed the last potato on the stand she runs and touches No. 2 girl, who has taken her place on the right side of her stand, toeing the mark. The touch off is made the same as in the Indian Club Relay. After No. 1 makes the touch off she takes her place on a line 10 ft. back of the starting line and sits down. The same order is followed by numbers two, three, four, five and six. No. 6 finishes the race by crossing the opposite starting line and holding up her hand. (Each girl will run 90 yards.)

The potatoes must be on the stand, if they roll off they must be put back by the one who makes the mistake, otherwise the team shall be disqualified.

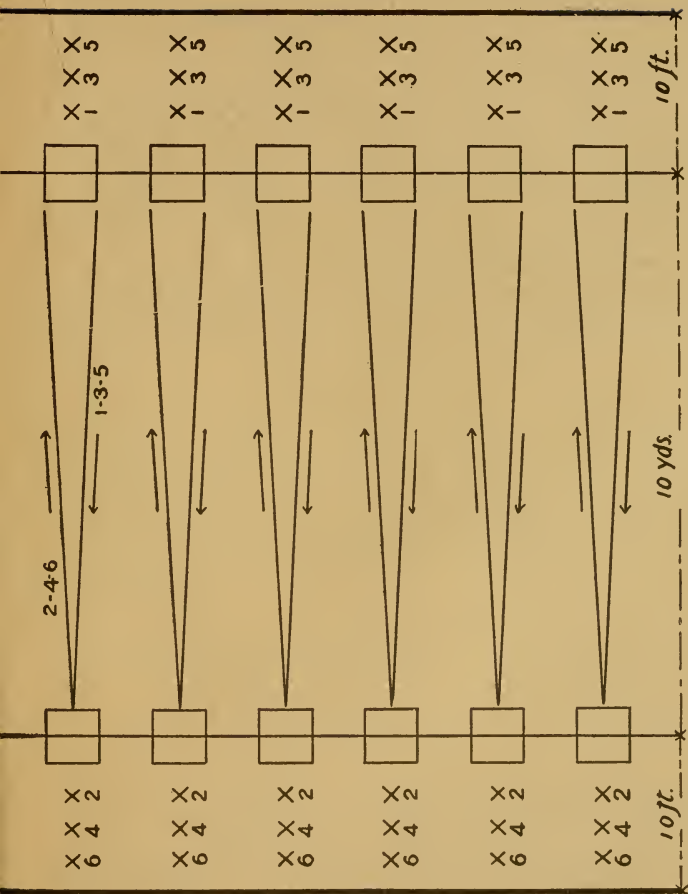


DIAGRAM SHOWING LINE-UP, DISTANCES AND ARRANGEMENT OF PLAYERS IN POTATO RELAY RACE.

Dodge Ball Contest

For girls in the 5A and 5B.

To enter Dodge Ball girls must be 4 feet 10 inches or less in height and must be over 9 years and less than 13 years of age.

A Dodge Ball contest consists of sixteen pupils on a side, arranged in the following manner: A circle 36 feet in diameter is drawn and one team takes its place arranged outside the circumference so that the spacing shall be equi-distant between the players. Another team takes its position scattered anywhere inside the circle.

An indoor baseball, seventeen inches in circumference, is given to one of the outside players and at the signal, the ball is thrown in such a manner as to hit one of the players inside the circle. Should the ball hit a player in the circle that player becomes dead, and takes her place on a line which is assigned somewhere

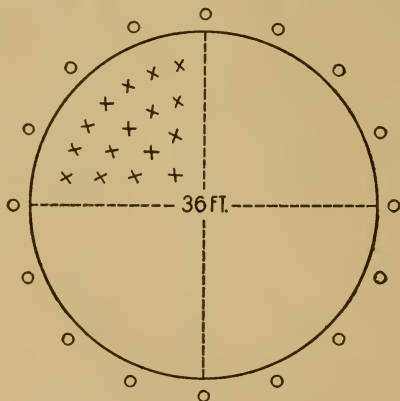


Diagram Illustrating Dodge Ball.

without the field of play. The play is continuous until the expiration of the time limit, which is three minutes.

In the second half the players reverse their positions and at the end of the time the team having the fewest number of dead players wins the game.

The ball is thrown by any player around the circumference. A

player may leave the circle to get the ball, but the ball must not be thrown at the opposing side except from outside the line. A player shall be disqualified if she throws the ball standing on or inside the line. When disqualified she must drop out of the circle and remain on a line drawn on the opposite side of the circle to the dead players, until her team goes to the inside of the circle. A dead player counts one point for the opposing side; a foul counts one point against the side making it. A player, disqualified for throwing the ball either from on or inside line, forfeits one point in addition to being disqualified. A player of the inside team leaving the circle is dead. In case of a tie score, the game shall be awarded to the side making the fewest fouls.

Preliminary games will be arranged for in the various schools and the winners of the leagues will meet at the armory or other designated places for the final games.

20-Yard Team Race

For girls in the 4—A and 4—B Grades. 20 girls on a team.

The girls line up one behind the other back of the starting line. The starter stands at the finish line and starts the girls one at a time by waving a handkerchief. A Referee stands by the girl at the starting line and lets one after another go at the signal of the handkerchief which is made as each girl finishes. The timer starts his watch with the first girl and keeps it going until the finish of the last or twentieth girl. The team that runs in the shortest time wins.

Rules Governing Girls' Athletic Contests

1. The competition shall be between girls of the same grade.
2. In case of mixed grades, the contestants shall be classed according to the grade of work in physical training done in the classroom.
3. The judges shall be selected by the executive committee of the Jersey City Public School Athletic Association.
4. First, second, and third prizes will be awarded for each event.
5. First place will count five points, second place will count

three points, third place will count two points, fourth place **one** point.

6. The last girls on a relay team should wear a broad sash with a number as a distinguishing mark, sashes to be different colors. The same could be purchased by the different schools or by the P. S. A. L.

POINTS.

7. The points will be counted for these events the same as they are for the boys' athletic events. The points made by the girls will count in the total points made by the school in its girls' and boys' athletic and gymnastic meets and will, therefore, help a school materially in winning cups and banners.

SPECIAL TROPHIES FOR GIRLS' PRIZE EVENTS.

1. To the school winning the Oat bag relay.
2. " " " " " Chariot race.
3. " " " " " Indian Club and Flag Relay.
4. " " " " " Potato Ball.
5. " " " " " in Dodge Ball.
6. " " " " " Captain Ball.
7. " " " " " Newcomb.

Girls' Standard Events

1. Throwing Basket Ball for Distance. 8A and 8B. Distance 40 feet (3 trials).

2. Throwing the Oat Bag for height. 7A and 7B. Round oat bag weighing 4-lbs. Distance 17 ft.—3 trials—(Throw with both hands.)

RULE. The contestant may jump from the ground and must hit a round disc, 20 inches in diameter with the 4-lb. oat bag.

Hand Walk on 16 foot Horizontal Ladder. For pupils of 6A and 6B.

The contestant shall place herself under one end of the ladder and without assistance jump and catch overgrasp the rungs of the ladder. She shall then "walk" the full distance moving one hand at a time. When she has reached the end she shall turn around, and grasp the first rung of the ladder, and then "walk" back on the rungs. Contestants may skip rungs by swinging and reaching forward.

Only one trial shall be allowed.

30 yard dash. For pupils of 5—A and 5—B. Time 5 seconds.

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Don't be deceived by the attractive 25 to 40 per cent. discount that may be offered you, for remember that their printed prices are arranged for the special purpose of misleading you and to enable the "Just as Good" dealer to offer you this special discount bait. This "discount" pill that the "Just as Good" dealer asks you to swallow is sugar coated and covered up by various catchy devices, that are well calculated to deceive the inexperienced boy, who will better understand these tricks of the trade as he grows older. Remember that all Spalding Athletic Goods are sold at the established printed prices, and no dealer is permitted to sell them at a greater or less price. Special discounts on Spalding Goods are unknown. Everybody is treated alike. This policy persistently adhered to makes it possible to maintain from year to year the high quality of Spalding Athletic Goods, which depend for their sale on Spalding Quality, backed by the broad Spalding Guarantee, and not on any deceiving device like this overworked and fraudulent "Discount" scheme adopted by all of the "Just as Good" dealers.

Occasionally one of these "Just as Good" dealers will procure some of the Spalding well known red boxes, place them in a showy place on his shelves, and when Spalding Goods are called for, will take from these Spalding boxes one of the "Just as Good" things, and try to palm it off on the boy as a genuine Spalding article. When you go into a store and ask for a Spalding article, see to it that the Spalding Trade-Mark is on that article, and if the dealer tries to palm off on you something "Just as Good," politely bow yourself out and go to another store, where the genuine Spalding article can be procured.

In purchasing a genuine Spalding Athletic article, you are protected by the broad Spalding Guarantee, which reads as follows:

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We Agree to repair or replace, free of charge, any such article which proves defective in material or workmanship when subjected to fair treatment: PROVIDED, such defective article is returned to us, transportation prepaid, within thirty days after purchase (except where otherwise stipulated on special guarantee tag attached to certain articles), and accompanied by a letter from the user, giving his name and address, and explaining the claim.

A. G. SPALDING & BROS.

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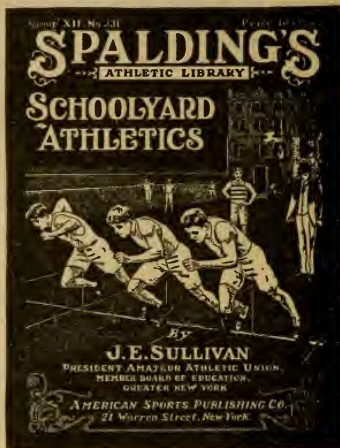
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Schoolyard Athletics

By **J. E. SULLIVAN**

President Amateur Athletic Union;

Member Board of Education Greater New York.



THE great interest in athletics that has developed in the public schools within recent years has led to the compilation of this book with a view to the systemization of the various events that form the distinctively athletic feature of school recreation. With its aid any teacher should be able to conduct a successful meet, while the directions given for becoming expert in the various lines will appeal to the pupil. Some of the leading athletes have contributed chapters on their specialties: Ray Ewry, holder of the world's high jump record, tells how to practice for that event; Harry Hillman, holder of the hurdle and three-legged records, gives hints on hurdle racing and three-legged racing; Martin Sheridan, all-around champion of America, gives directions for putting the shot; Harry F. Porter, high jump expert, describes how to become proficient in that event. The book is illustrated with photos taken especially for it in public school yards.

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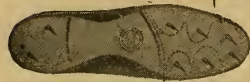
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Running Shoes

No. 11T. Calfskin, machine made, solid leather tap sole holds spikes firmly in place.

Per pair, **\$4.00**

★ \$42.00 Doz.

No. 11. Calfskin, machine made.

Per pair, **\$3.00**

★ \$30.00 Doz.

Juvenile Running Shoes

No. 12. Outdoor Leather Running Shoes, complete with spikes, in sizes 12 to 5 only. Pair, **\$2.50**



No. 11



Spalding Running Pants.

No. 1. White or Black Sateen, fly front, lace back. . .	Per pair, \$1.25 ★ \$12.00 Doz.
No. 2. White or Black Sateen, fly front, lace back. . .	1.00 ★ 10.00 "
No. 3. White or Black Silesia, fly front, lace back. . .	.75 ★ 7.80 "
No. 4. White, Black or Gray Silesia, fly front, lace back. "	.50 ★ 5.00 "
No. 44. Same quality as No. 4, but in juvenile sizes, not over 26-inch waist45
Silk Ribbon Stripes down sides or around waist of any of these running pants. Extra "	.25 ★ 2.40 "

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one half-dozen or more.

Quantity prices not allowed on items not marked with ★

BOOKS ON ATHLETICS

Schoolyard Athletics

By James E. Sullivan, Secretary-Treasurer of the Amateur Athletic Union of the United States and member of the Board of Education of Greater New York. Endorsed by leading educators and officials of the Public Schools Athletic League. An invaluable handbook for the teacher and the pupil. Gives a systematic plan for conducting school athletic contests and instructs how to prepare for the various events. Illustrated with numerous pictures taken especially for this book.

Price 10 cents

Books for Athletes

- 12A Spalding's Official Athletic Rules.
- 27 College Athletics.
- 182 All-Around Athletics.
- 156 Athletes' Guide.
- 87 Athletic Primer.
- 273 Olympic Games at Athens, 1906.
- 252 How to Sprint.
- 255 How to Run 100 Yards.
- 174 Distance and Cross-Country Running.
- 259 How to Become a Weight Thrower
- 246 Athletic Training for Schoolboys.
- 317 Marathon Running.
- 331 Schoolyard Athletics.
- 342 Walking for Health and Competition.
- 349 Intercollegiate Official Handbook.
- 302 Y. M. C. A. Official Handbook.
- 313 Official Handbook Public Schools
- 314 Girls' Athletics. [Athletic League.
- 308 Official Handbook New York Interscholastic Athletic Association.
- 347 Official Handbook Public Schools Athletic League of San Francisco

Each of the above books, 10 cents

Marathon Running

By James E. Sullivan, Secretary-Treasurer of the Amateur Athletic Union of the United States and member of the Board of Education of Greater New York. The revival of the Olympic Games has created a widespread interest in this classic Greek event and this book has been published to meet the demand for an authoritative handbook on the subject. Contains an account of the origin of Marathon running, how leading runners train, rules, records, and pictures of prominent runners.

Price 10 cents

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SPALDING Indoor Running and Jumping Shoes



No. 111



No. 111. Spalding Indoor Running Shoe. Calfskin, special corrugated rubber sole, with spikes. Per pair, **\$4.00**
No. 210. Spalding Indoor Jumping Shoe. Hand made. Calf-skin uppers; rubber tap sole and rubber heel. Pair, **\$5.00**

CHAMOIS PUSHERS

No. 5. Fine chamois skin. Used with running, walking, jumping and other athletic shoes. Pair, **25c.**



No. 210



PROTECTION FOR RUNNING SHOE SPIKES

No. N. Thick wood, shaped and perforated to accommodate spikes. Pair, **50c.**

CORK ATHLETIC GRIPS

No. 2. Best quality cork, with elastic bands. Per pair, **20c.**

No. 1. Selected cork, shaped. Per pair, **15c.**



No. 112



No. 112. Spalding Indoor Running Shoe. Good leather; with rubber tap sole. No spikes. Pair, **\$3.00** ★ \$32.40 Doz.

No. 114. Spalding Indoor Running Shoe. Leather uppers; rubber tap sole. No spikes. Pair, **\$2.50** ★ \$27.00 Doz.

JUVENILE INDOOR RUNNING SHOES

No. 115. Leather, good quality, without spikes. Sizes, 12 to 5 only. Per pair, **\$2.00**



No. 114



For Indoor Shoes, especially when the feet perspire, the uppers should be kept soft and pliable with **SPALDING WATERPROOF OIL**. It will extend the life of shoes. Per can, **25c.**

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Spalding Shirts, Tights and Trunks



No. 600



No. 6WD



No. 604



No. 1

STOCK COLORS AND SIZES. OUR WORSTED GOODS are furnished in Gray, White, Navy Blue, Maroon, and Black only. Stock sizes: Shirts, 26 to 44 inch chest. Tights, 28 to 42 inch waist. **SANITARY COTTON GOODS.** Colors: Bleached White, Navy, Black, Maroon, and Gray. Stock sizes: Shirts, 26 to 44 inch chest. Tights, 26 to 42 inch waist.

Spalding Sleeveless Shirts—Plain Colors

STOCK COLORS AND SIZES
No. 600. Good quality worsted. Each, \$1.25 ★ \$12.60 Doz.
No. 800. Worsted. " 1.00 ★ 10.50 "
No. 6E. Sanitary Cotton. " .50 ★ 4.75 "

Spalding Striped Sleeveless Shirts

No. 600S. Good quality worsted, with 6-inch stripe around chest, in following combinations of colors: Navy with White stripe; Black with Orange stripe; Maroon with White stripe; Red with Black stripe; Royal Blue with White Stripe; Black with Red stripe; Gray with Cardinal stripe.
Each, \$1.50 ★ \$15.00 Doz.

No. 800S. Worsted. Colors same as No. 600S. Stock sizes.
Each, \$1.25 ★ \$13.50 Doz.

No. 6ES. Sanitary Cotton, solid color body, with 6-inch stripe around chest, in same combinations of colors as No. 600S.
Each, 75c ★ \$7.50 Doz.

Spalding Shirts with Sash

No. 6WD. Sanitary Cotton, sleeveless, with woven sash of different color from body. Same combinations of colors as No. 600S. To order only; not carried in stock.
Each, \$1.25 ★ \$12.00 Doz.

No. 6ED. Sanitary Cotton, sleeveless, solid color body with sash stitched on of different color. Same combinations of colors as No. 600S. Each, 75c ★ \$7.50 Doz.

Spalding Quarter Sleeve Shirts

No. 601. Good quality worsted, stock colors and sizes. No. 6F. Sanitary Cotton, stock colors and sizes.
Each, \$1.50 ★ \$15.00 Doz. Each, 50c ★ \$4 75 Doz.

Spalding Full Sleeve Shirts

No. 3D. Cotton, Flesh, White, Black. Ea., \$1.00 ★ \$10.00 Doz.

Spalding Knee Tights

STOCK COLORS AND SIZES
No. 604. Good quality worsted. Pair, \$1.25 ★ \$12.60 Doz.
No. 804. Worsted. " 1.00 ★ 10.80 "
No. 4B. Sanitary Cotton. " .50 ★ 4.75 "

Spalding Full Length Tights

No. 1A. Best worsted, full fashioned. Stock colors: Black, Navy Blue, and Maroon. Sizes, 28 to 42 inch waist. Pr., \$4.00
No. 605. Good quality worsted, stock colors and sizes.
Pair, \$2.00 ★ \$21.60 Doz.
No. 3A. Cotton, full quality. White, Black, Flesh.
Pair, \$1.00 ★ \$10.00 Doz.

Spalding Worsted Trunks

No. 1. Best worsted, Black, Maroon, and Navy. Pair, \$2.00
No. 2. Good quality worsted, Navy and Black. Special colors to order. Per pair, \$1.00

Spalding Juvenile Shirts and Tights

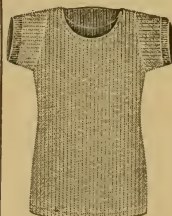
ONLY SIZES SUPPLIED: Chest, 26 to 30 inches, inclusive; Waist, 24 to 26 inches, inclusive.

No. 65. Sleeveless Shirt, quality of No. 600. Each, \$1.00
No. 65S. Sleeveless Shirt, quality of No. 600S. " 1.25
No. 66. Quarter Sleeve Shirt, quality of No. 601. " 1.25
No. 64. Knee Tights, quality of No. 604. Pair, 1.15

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No. 600S



No. 601



Full
Tights

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Spalding Exercising Equipment

Outfit No. H, referred to below, is suggested exclusively for recreation rooms, being suitable for use by those of varying ages, with sufficient equipment shown to supply as many as are likely to be using the room at the same time under ordinary circumstances, while additional equipment may be added as required to take care of a larger number without disarranging the balance of the outfit.

No. H Recreation Room Exercising Outfit

Consisting of

	Price
1 No. 12 Chest Weight Machine.	\$10.00
1 No. 3 Head and Neck Attachment	1.50
1 pr. No. 3 Swing. Rings, leather covered.	8.00
1 No. 119 Laffin Rowing Machine.	16.00
1 No. 1 Moline Platform	12.00
1 No. 18 Striking Bag	6.00
1 No. 74 Wall Horizontal and Vault'g Bar.	35.00
1 No. 03 Mattress.	25.00
2 pairs No. 6 Sandow Dumb Bells.	6.00
1 pair No. 5 Sandow Dumb Bells.	2.00
1 set No. 15 Boxing Gloves.	4.00
1 set No. 118 Boxing Gloves.	7.00
1 No. 12 Medicine Ball.	6.00
1 No. 11 Medicine Ball.	5.00

TOTAL, \$143.50

No. H Outfit



Price is F.O.B. nearest A. G. Spalding & Bros. Store. Shipping weight of complete outfit, 570 pounds.

Outfit No. G is arranged particularly for use in recreation room of a private house. It provides a great variety of simple exercising apparatus at a very moderate cost. The equipment is suitable for use by those of varying ages of both sexes.

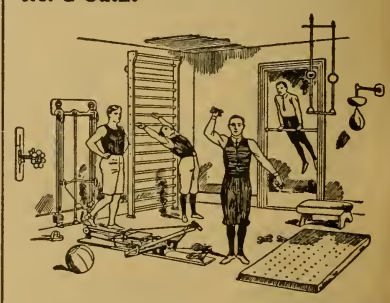
No. G Home Exercising Outfit

Consisting of

	Price
1 No. 5 Chest Weight Machine.	\$15.00
1 No. 3 Head and Neck Attachment.	1.50
1 No. 2 Foot and Leg Attachment.	1.50
1 No. 20H Bar Stall.	8.00
1 No. 205 Bar Stall Bench.	4.00
1 No. A Doorway Horizontal Bar.	4.00
1 No. 1 Home Gymnasium.	6.00
1 No. 600 Kerns' Rowing Machine.	30.00
1 No. PR Striking Bag Disk.	5.00
1 No. 10 Striking Bag.	4.00
1 No. 1 Abdominal Masseur.	10.00
1 pair No. 6 Sandow Dumb Bells.	3.00
1 pair No. 2 Sandow Dumb Bells.	2.00
1 No. 02 Mattress.	15.00
1 No. 12 Medicine Ball.	6.00

TOTAL, \$115.00

No. G Outfit



Price is F.O.B. nearest A. G. Spalding & Bros. Store. Shipping weight of complete outfit, 450 pounds.

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The Spalding Official Basket Ball



**THE ONLY
OFFICIAL
BASKET BALL**

WE GUARANTEE

this ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and, if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use.

Owing to the superb quality of our No. M Basket Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee, which we will not allow.

A. G. SPALDING & BROS.

OFFICIALLY ADOPTED AND STANDARD. The cover is made in four sections, with capless ends, and of the finest and most carefully selected pebble grain English leather. We take the entire output of this superior grade of leather from the English tanners, and in the Official Basket Ball use the choicest parts of each hide. Extra heavy bladder made especially for this ball of extra quality pure Para rubber (not compounded). Each ball packed complete, in sealed box, with rawhide lace and lacing needle, and guaranteed perfect in every detail. To provide that all official contests may be held under absolutely fair and uniform conditions, it is stipulated that this ball must be used in all match games of either men's or women's teams.

No. M. Spalding "Official" Basket Ball. Each, \$6.00

Extract from Men's Official Rule Book

RULE II—BALL.

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.



Extract from

Official Collegiate Rule Book

The Spalding Official Basket Ball No. M is the official ball of the Intercollegiate Basket Ball Association, and must be used in all match games.



Extract from Women's Official Rule Book

RULE II—BALL.

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.



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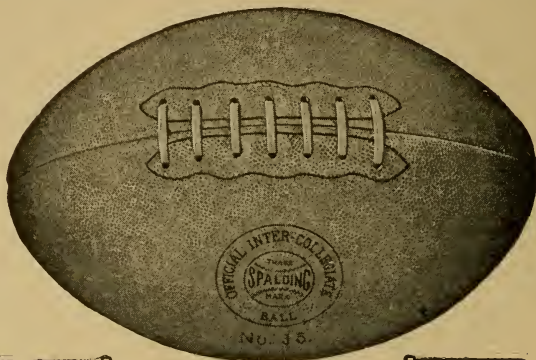
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The Spalding Official Intercollegiate Foot Ball



No. J5 . . . Complete, \$5.00

This is the ONLY OFFICIAL COLLEGE FOOT BALL, and is used in every important match played in this country.

GUARANTEED ABSOLUTELY
IF SEAL OF BOX IS
UNBROKEN

Each ball complete in sealed box, including leather case, guaranteed pure Para rubber bladder (not compounded), inflater, lacing needle and rawhide lace.

WE GUARANTEE every J5 Spalding Foot Ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use. ¶ Owing to the superb quality of every Spalding Foot Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee which we will not allow.

A. G. Spalding & Bros

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Spalding All-Steel Playground Apparatus

Acknowledged as the Standard. Specified and purchased by practically all Municipal Park and Playground Commissions in America.



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Alameda, Cal.	Dayton, O.	Kentfield, Cal.	Naugatuck, Ct.	Pittsburg, Pa.	Somerville, Mass.
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Ashburnham, Mass.	Dongan Hills, N. Y.	Leavenworth, Kan.	New Brunswick, N. J.	Polk, Pa.	Summit, N. J.
Baltimore, Md.	East Orange, N. J.	Lexington, Ind.	New Haven, Ct.	Portland, Me.	Utica, N. Y.
Bayonne, N. J.	Forest Park, Md.	Lockhart, Ala.	New London, Ct.	Portland, Ore.	Walla Walla, Wash.
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Bryn Mawr., Pa.	Geneva, N. Y.	Lynn, Mass.	Omaha, Neb.	Rochester, N. Y.	Westfield, Mass.
Buffalo, N. Y.	Greeley, Col.	Madison, N. J.	Orange, N. J.	Rye, N. Y.	Wilkesbarre, Pa.
Catskill, N. Y.	Hamilton, Ontario, Can.	McGrore, Mass.	Oswego, N. Y.	Sag Harbor, N. Y.	Winnipeg, Man., Can.
Chicago, Ill.	Havana, Cuba	Meridian, Miss.	Pasadena, Cal.	San Jose, Cal.	Winthrop, Mass.
Cincinnati, O.	Hoboken, N. J.	Milwaukee, Wis.	Passaic, N. J.	Seattle, Wash.	Worcester, Mass.
Cleveland, O.	Jersey City, N. J.	Morristown, N. J.	Philadelphia, Pa.	Springfield, Mass.	Ypsilanti, Mich.
Dallas, Texas	Kansas City, Mo.	Nashville, Tenn.			



Correspondence Invited.

Special Plans and Estimates on Request.

A. G. SPALDING & BROS., Inc.

**Gymnasium and Playground Contract Department
CHICOPEE, MASS.**

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REG. U. S. PAT. OFF.

Spalding "Official National League" Ball

REG. U. S. PAT. OFF.

PATENT

Patented
August 31, 1909

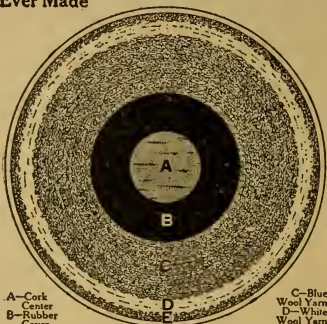
CORK
CENTER

THE Spalding "Cork Center" has not only improved the ball, but it has also improved the game. Base ball played with the Spalding "Cork Center" Ball is as far in advance of the game played with an ordinary rubber center ball as the game played with the Spalding "Official National League" Ball of 1909 and before was in advance of the original game with the home made ball composed of a slice from a rubber shoe, some yarn from dad's woolen sock, and a cover made of leather bought from the village cobbler and deftly wrapped and sewed on by a patient mother after her day's work was done.

Base ball to-day is no hazardous amusement, it is a scientific pastime, a sport of almost geometric exactitude. It commands the best that is in men of national prominence, and gives in return the plaudits of millions who testify by their presence and enthusiasm to the wonderful hold which this most remarkable game has upon the feelings of the great American public.

Anything which results in making the game more interesting to the spectators is good for the game itself, providing it does not interfere with the development of the sport as an athletic pastime. With the Spalding "Cork Center" Ball the game is just as interesting in the last inning as in the first, the ball holds its life right through the game and being a more even playing ball than the old rubber center style it makes the game a surer test of the relative skill of the opposing teams.

The Best
Base Ball
Ever Made



A-Cork
Center
B-Rubber
Cover

C-Blue
Wool Yarn
D-White
Wool Yarn

E-Blue Wool Yarn

To Those Who Play Base Ball

Every modification we have ever adopted in the construction of our Official League Ball has been decided upon after exhaustive experiments, always with the sole purpose of improving the qualities of the ball. The last improvement was in the core itself. The result is that the 1912 Spalding Official League Ball is the best type of ball we have ever turned out. It is more durable, more uniform in resistance, and holds its spherical shape better than any type of base ball made heretofore by anybody. I consider the 1912 Spalding Official League Ball nearer perfection than any base ball ever made. I personally investigated this improvement when it was first proposed in 1908. I then had an exhaustive series of experiments and tests made to determine whether the core could be improved. I was present at these experiments and found that unquestionably the 1912 type of ball was a great improvement from the standpoint of the ball player as well as the durability of the ball itself. I therefore authorize the following statement:

THE SPALDING 1912 OFFICIAL LEAGUE BALL is the best base ball that has ever been manufactured and sold by anybody.

A. G. Spalding

Spalding Complete Catalogue of Athletic Goods Mailed Free.

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Spalding "Official National League" Ball

(REG. U. S. PAT. OFF.)

Patent Cork Center

(PATENTED AUGUST 31, 1908)



Adopted by the National League in 1878, is the only ball used in Championship games since that time and has now been adopted for twenty years more, making a total adoption of fifty-four years.

In adopting the Spalding "Official National League" Ball for twenty years more the Secretary of the National League, Mr. John A. Heydler, gave the following as the reason for this action:

"The Spalding Ball was adopted by the National League for twenty years, because we recognized it as the best ball made. We have used it satisfactorily for thirty-four years. The new Cork Center Ball introduced for the first time last year and 'used in the World's Series, we believe to be the only ball for the future, and it is absolutely the best that has been used by the National League in its history."

This ball has the Spalding "Patent" Cork Center, the same as used since August 1, 1910, without change in size of cork or construction.

No. 1 { Each, - - \$1.25
Per Dozen, \$15.00

The Spalding "Official National League" Ball has been the Official Ball of the Game since 1878

Each ball wrapped in tinfoil, packed in a separate box, and sealed in accordance with the latest League regulations. Warranted to last a full game when used under ordinary conditions.

Spalding Complete Catalogue of Athletic Goods Mailed Free.

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Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through a jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not air to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that, 13 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

First.—The user is assured of genuine Official Standard Athletic Goods and the same prices to everybody.

Second.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike and no special rebates or discriminations are allowed to anyone.

This briefly is the "Spalding Policy," which has already been in successful operation for the past 13 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By *A. G. Spalding*
PRESIDENT.

Standard Quality

An article that is universally given the appellation "Standard" is thereby conceded to be the criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is guaranteed by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for thirty-four years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the Guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect, must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

A. G. Spalding & Bros.

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EDINBURGH, SCOTLAND	MONTREAL, CANADA	
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Factories owned and operated by A.G. Spalding & Bros. and where all of Spalding's Trade-Marked Athletic Goods are made are located in the following cities:

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BROOKLYN	BOSTON	PHILADELPHIA	LONDON, ENG.